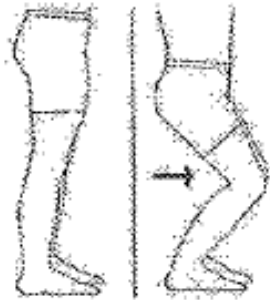


KNEE ARTHROSCOPY REHABILITATION



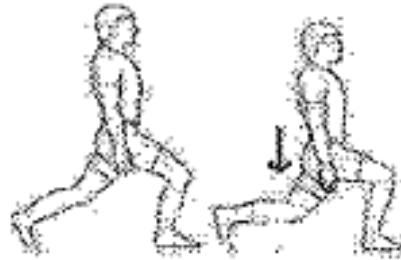
AROM knee squat bil. full

Stand with feet shoulder distance apart.
Slowly bend knees to 90 degrees
Hold for 5 seconds, and return to standing position
Repeat

Special Instructions

Maintain proper low back posture

Perform 1 set of 20 repetitions 2x/day
Rest 1 minute between sets

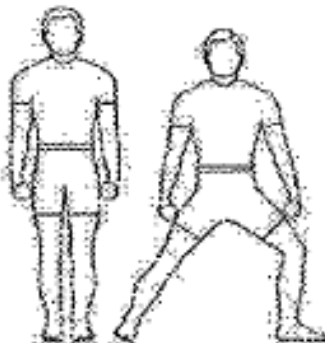


AROM hip/knee fix (lunge squat)

Step forward and bend knees until in a lunge position
Slowly bend knees to lower trunk toward floor
Slightly straighten knees to raise up
Continue to lower and raise while in lunge position

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds
Rest 1 minute between sets



Resist hip abd/knee flx w/wt (side lunges)

Stand with weight in hands
Step sideways to left as shown, keeping trunk vertical
Push back up to starting position
Repeat sets to right side

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds
Use 10 lbs
Rest 1 minute between sets



AROM knee squat uni clock reach

Stand on involved leg
Visualize a clock below your feet w/12:00 in front of you
Bend knee to 45 degrees, reach w/opposite leg to 12:00
Return to start position
Continue this sequence reaching to 3:00, 6:00, and 9:00

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds
Rest 1 minute between sets

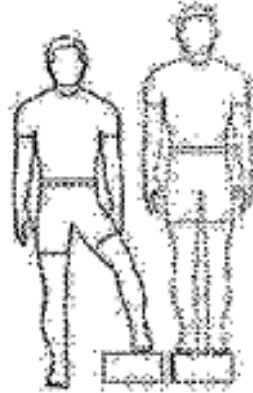


AROM knee step downs

Stand on step with both feet
 Step down slowly, leading with uninjured leg
 Step back up leading with uninjured leg
 Repeat

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds
 Rest 1 minute between sets



AROM knee step up/down lateral complete

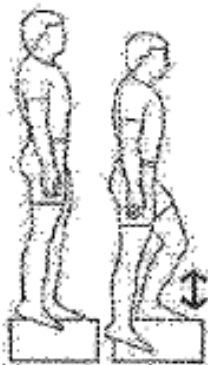
Stand next to step
 Step up with one leg
 Step back down
 Repeat for 10 repetitions then switch legs

Special Instructions

Do not push off when stepping up
 For safety, do this on your steps with a handrail

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds

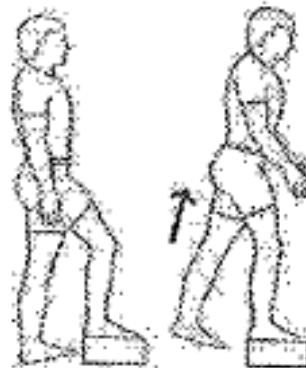


AROM knee step up/down lateral partial

Place involved leg on edge of step
 Step up lifting involved leg off floor
 Lower uninvolved foot toward floor but do not touch floor
 Step up again and continue

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds
 Rest 1 minute between sets



AROM knee step ups

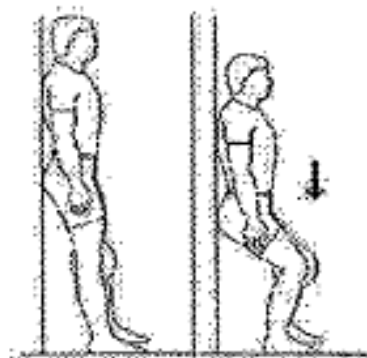
Stand with one leg up on step
 Shift weight over knee
 Step up slowly
 Step back down
 Repeat
 After 10 repetitions, switch legs and repeat

Special Instructions

Do not push off with trailing foot
 For safety, do this on your steps with a handrail

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds



AROM knee wall slide bil. for VMO

Lean on wall, feet approximately 12 inches from wall, shoulder distance apart

Place pillow between knees

Bend knees to 45 degrees

Hold for 5 seconds

Return to starting position

Perform 1 set of 20 repetitions 2x/day

Perform 1 repetition every 4 seconds

Rest 1 minute between sets