



Knee Arthroscopy

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PHASE I (7-14 DAYS POST OP):

- Knee flexion and extension (prone and supping)
- Quad sets/SLR
- TKEs
- Hamstring curls and stretches
- Ankle pumps
- Patellar mobilizations

PHASE II (2-4 WEEKS POST OP):

- Continue full ROM
- Begin closed chain exercises
- Bike 10 minutes 1 x day progress to 30 minutes

PHASE III (5-6 WEEKS POST OP):

- Start running progression
- Plyometrics
- Agility/endurance drills

