



## Rehabilitation Protocol Knee Arthroscopy

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Post-op appointments: 1 WEEK, 5 WEEKS (12+ weeks as needed)

### PHASE I (WEEKS 0-3)

#### Rehabilitation Goals:

- Protect the post-surgical knee
- Restore normal knee ROM
- Normalize gait
- Eliminate swelling
- Restore leg control

#### Precautions:

- Use axillary crutches for normal gait
- Avoid impact exercises for the first 4-6 weeks if the articular cartilage was debrided

#### Range of Motion:

- Knee extension on a bolster
- Prone hangs
- Supine wall slides
- Heel slides

#### Therapeutic Exercise:

- Quadriceps sets
- Isometric wall press
- 4 way leg lifts in standing

#### Cardiovascular Exercise:

- Upper body circuit training or upper body ergometer
- Begin stationary bike when comfortable and advance resistance without pain.

#### Progression Criteria:

- Normal Gait
- No effusion
- Full PROM

## PHASE II (WEEKS 3+)

### Rehabilitation Goals:

- Good control with single leg stand
- Good control and no pain with functional movements, including step up/down, squat, partial lunge.

### Precautions:

- Post-activity soreness should resolve within 12 hours
- Avoid post-activity swelling

### Therapeutic Exercise:

- Non-impact balance and proprioceptive drills
- Stationary bike
- Hip and Core strengthening
- Stretching for patient specific muscle imbalances
- Quadriceps strengthening

### Cardiovascular Exercise:

- Non-impact endurance training; stationary bike; Nordic track; swimming; deep water run; cross trainer.

### Progression Criteria:

- Normal gait on all surfaces
- Demonstrate functional movements
- Single leg balance greater than 15 seconds.

## PHASE III (COMPLETION OF PHASE II GOALS)

### Rehabilitation Goals:

- Good control with no pain during sport specific movements with impact

### Precautions:

- Post-activity soreness should resolve within 12 hours
- Avoid post-activity swelling

### Therapeutic Exercise:

- Impact control exercises
- Movement control exercises low velocity, single plane activities and progressing to higher velocity, multiplane activity.
- Sport/Work specific balance and proprioceptive drills
- Hip and Core strengthening

**Cardiovascular Exercise:**

- Sport/work specific

**Return To sport/work criteria:**

- Dynamic neuromuscular control with multiplane activities, without pain or swelling. Return to play is at the discretion of Dr. Norberg, Ryan Nelson PA-C, ATC and Therapy Staff.