

General Knee Arthroscopy

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The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I	Phase II	Phase III	Phase IV
(POD 1 - Week 1)	(Weeks 1 - 3)	(Weeks 3 - 6)	(Weeks 6 - Discharge)
<p>CLINIC CARE</p> <ul style="list-style-type: none"> WBAT D/C crutches as soon as able, unless under WB restrictions Allow wound healing NMES prn Manual techniques if indicated <p>ROM</p> <ul style="list-style-type: none"> AROM/PROM emphasizing full extension <p>EXERCISE</p> <ul style="list-style-type: none"> Ankle pumps Quad set SLR in 4 planes Partial squats Calf raises Hamstring, gastrocnemius, quadriceps stretching prn Balance exercises <ul style="list-style-type: none"> weight shifting SLS with support <p>Goals</p> <ul style="list-style-type: none"> Working towards full extension SLR without lag Re-establish quadriceps activation¹ ≥ 90° flexion ROM, working towards full knee extension² 	<p>CLINIC CARE</p> <ul style="list-style-type: none"> Manual techniques if indicated. <i>Examples:</i> scar and patellar mobilizations <p>ROM</p> <ul style="list-style-type: none"> Exercises as indicated to achieve full ROM and flexibility Stationary Bike <p>EXERCISE</p> <ul style="list-style-type: none"> Leg press (bilateral and unilateral) TKE Forward step-ups/downs Lateral step-ups/downs Wall slides IT and hip flexor stretching prn Proprioception <p>Goals</p> <ul style="list-style-type: none"> Restore ≥115° of flexion, full knee extension² Restore normal gait without an assistive device 	<p>CLINIC CARE</p> <ul style="list-style-type: none"> Observe and correct for knee/hip alignment (functional valgus at knee and pelvic drop) with squatting and single limb activities <p>ROM</p> <ul style="list-style-type: none"> Symmetrical and full ROM Progress biking <p>EXERCISE</p> <ul style="list-style-type: none"> Progress CKC activities minimizing dynamic valgus at the knee and pelvis. Body weight squats Lunges Single leg squats Initiate jog/run program Advance balance exercises wobble/balance board high-level BAPS Functional SLS UE/LE reaching Sports specific/work activities as tolerated Initiate agility training <p>Goals</p> <ul style="list-style-type: none"> Full ROM Minimal dynamic valgus with exercise 	<p>CLINIC CARE</p> <ul style="list-style-type: none"> Work and/or sport specific training and return to sport testing Observe and correct for soft, low squat landing with plyometrics, maintaining good alignment at pelvis and knee. <p>EXERCISE</p> <ul style="list-style-type: none"> Progress jogging speed and distance, eventually to full speed running if needed Bilateral plyometrics progressing to unilateral <ul style="list-style-type: none"> squat jumps tuck jumps box jumps 180° jumps scissor hops unilateral hopping drills Progress sports specific/work tasks as tolerated Begin sprints and cutting drills: <ul style="list-style-type: none"> straight line, figure 8 circles 45° and 90° turns carioca lateral movements power skipping <p>Goals</p> <ul style="list-style-type: none"> Functional sport testing as needed Return to desired activity levels