

Knee Arthroscopy Post-Surgical Rehabilitation Protocol

In general, knee arthroscopy is reserved for patient's with internal derangement of the knee, including irreparable meniscal pathology, symptomatic plica, synovitis, lateral capsular release, and abrasion chondroplasty without drilling. The reasons for arthroscopy are varied in nature and the need for surgical intervention is based on the inability to recover without surgical intervention or possibly the failure of conservative treatment. The procedure is generally done on an outpatient basis and takes approximately 30 to 45 minutes to accomplish. The patient is usually released at 6 weeks status post surgical intervention, may return to light duty the week of the surgery, more heavy labor type situations at 2 to 3 weeks, and return to contact sports at 4 to 6 weeks.

Post-op Days 1 – 7

- Ice, Polar Care and Ace wrap
- Crutches – Weight bearing as tolerated (WBAT)
- Crutches may be discontinued once ambulating normally
- AAROM, AROM, heel slides as tolerated
- Quad sets
- Short arc quads
- Straight leg raise (SLR) x 4 directions
- Foot pumps
- Stretches – Ankle, hip, knee - focus on IT band, hamstrings, and hip flexors

GOALS

- Pain control
- Normal gait

Weeks 1 - 3

- First post-op visit
- Home exercise program (see handout), or physical therapy
- Maintain quad control
- Wall squats 0-60 degrees
- Leg press 0-60 degrees with light resistance
- Patellar mobilization exercises
- Hamstring curls on weight machine with light resistance
- Single leg heel raises
- Stationary bike – Progressive resistance and time

GOAL

- Full ROM

Weeks 3 - 6

- Continue appropriate previous exercises with increased range and resistance
- Forward, lateral and retro step downs (medium to large step)
- Hip weight machine x4 bilaterally
- Knee extension weight machine
- Proprioceptive training – Single leg BAPS, ball toss and body blade
- Slide board, treadmill, elliptical, pool therapy

GOAL

- Stair ambulation without pain or sensation of giving way

Weeks 6 - 10

- Agility drills / Plyometrics
- Stairmaster
- Treadmill – Running progression program
- Transition to home / gym program