### Knee Arthroscopy Rehabilitation Protocol
*(partial meniscectomy/ loose body removal/ shaving chondroplasty)*

**Phase 1: 0-2 weeks post-operative**

<table>
<thead>
<tr>
<th>Goals</th>
<th>Precautions/ Crutch Use</th>
<th>Range of Motion</th>
<th>Strengthening</th>
<th>Home Instructions</th>
<th>Suggested Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Minimize pain</td>
<td>• Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored.</td>
<td>• Progress ROM as tolerated to restore normal motion</td>
<td>• Restore quadriceps recruitment through strengthening exercises</td>
<td>• Keep surgical dressings clean and dry</td>
<td>• Quadriceps sets</td>
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<tr>
<td>• Reduce edema</td>
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<td></td>
<td>• Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit)</td>
<td>• Straight leg raises</td>
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<tr>
<td>• Restore knee ROM (0-120)</td>
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<td>• Can bathe on the 2nd day after surgery (do not scrub, soak, or submerge the incisions)</td>
<td>• 4-way hip strengthening</td>
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<tr>
<td>• Restore quadriceps recruitment</td>
<td></td>
<td></td>
<td></td>
<td>• Continue DVT prophylaxis (prevention for blood clots) as instructed by your surgeon</td>
<td>• Ankle pumps</td>
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<td></td>
<td>• Heel slides</td>
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<td></td>
<td>• ½ squats</td>
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<td>• Bicycle for ROM</td>
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**Phase 2: 2-6 weeks post-operative**

<table>
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<tr>
<th>Goals</th>
<th>Precautions/ Crutch Use</th>
<th>Range of Motion</th>
<th>Strengthening</th>
<th>Home Instructions</th>
<th>Suggested Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Improve muscular strength and endurance</td>
<td>• Progress to full weight-bearing, normal gait</td>
<td>• Restore full active ROM</td>
<td>• Progress strengthening exercises</td>
<td>• Restore normal activities of daily living</td>
<td>• Ankle pumps</td>
</tr>
<tr>
<td>• Full, pain-free ROM</td>
<td>• Patients may require ambulating with 1 crutch while working on restoring normal gait</td>
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<td>• Heel slides</td>
</tr>
<tr>
<td>• Restore normal gait</td>
<td>• Patient can ambulate without assistive devices once quadriceps recruitment and normal gait is restored</td>
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<td></td>
<td></td>
<td>• ½ squats</td>
</tr>
<tr>
<td>• Improve balance and proprioception</td>
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<td></td>
<td></td>
<td></td>
<td>• AAROM stretching with full extension and flexion to tolerance</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>• Bicycle for ROM</td>
</tr>
</tbody>
</table>

**Home Instructions**

• Keep surgical dressings clean and dry
• Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit)
• Can bathe on the 2nd day after surgery (do not scrub, soak, or submerge the incisions)
• Continue DVT prophylaxis (prevention for blood clots) as instructed by your surgeon

**Suggested Exercises**

• Quadriceps sets
• Straight leg raises
• 4-way hip strengthening
• Ankle pumps
• Heel slides
• ½ squats
• AAROM stretching with full extension and flexion to tolerance
• Bicycle for ROM
• Ankle pumps
• Heel slides
• ½ squats
• AAROM stretching with full extension and flexion to tolerance
• Bicycle for ROM

**Home Instructions**

• Keep surgical dressings clean and dry
• Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit)
• Can bathe on the 2nd day after surgery (do not scrub, soak, or submerge the incisions)
• Continue DVT prophylaxis (prevention for blood clots) as instructed by your surgeon

**Suggested Exercises**

• Quadriceps sets
• Straight leg raises
• 4-way hip strengthening
• Ankle pumps
• Heel slides
• ½ squats
• AAROM stretching with full extension and flexion to tolerance
• Bicycle for ROM
### Suggested Exercises
- Treadmill, stairmaster, or elliptical trainer exercises
- Lunges
- Leg press
- Closed chain terminal knee extension
- Full squats
- Step downs (front to back and lateral)
- 4-way standing hip exercise
- Balance training

## Phase 3: 6+ weeks post-operative

| Goals      | • Restore pre-operative activity level  
|            | • Enhance muscular strength/endurance  |
| Crutch Use | • Full weight-bearing without crutches |
| Range of Motion | • Maintain full ROM  |
| Strengthening | • Progress to activity-specific strengthening exercises  
|            | • Being plyometric/jumping exercises  
|            | • Begin running program (through walk-run progression)  
|            | • Begin cutting and agility exercises  |
| Home Instructions | • Restore normal activities of daily living  
|            | • Restore pre-operative activity level  |

For any questions about operative details or rehabilitation guidelines, please contact the respective surgeon’s Athletic Trainer at the contact information found at this link: https://med.virginia.edu/orthopaedic-surgery/orthopaedic-divisions/sports-medicine/protocols/