



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

Phase 1: 0-2 weeks post-operative

Goals	<ul style="list-style-type: none"> Minimize pain Reduce edema Restore knee ROM (0-120) Restore quadriceps recruitment
Precautions/ Crutch Use	<ul style="list-style-type: none"> Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored.
Range of Motion	<ul style="list-style-type: none"> Progress ROM as tolerated to restore normal motion
Strengthening	<ul style="list-style-type: none"> Restore quadriceps recruitment through strengthening exercises
Home Instructions	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Quadriceps sets Strait leg raises 4-way hip strengthening Ankle pumps Heel slides ½ squats AAROM stretching with full extension and flexion to tolerance Bicycle for ROM

Phase 2: 2-6 weeks post-operative

Goals	<ul style="list-style-type: none"> Improve muscular strength and endurance Full, pain-free ROM Restore normal gait Improve balance and proprioception
Precautions/ Crutch Use	<ul style="list-style-type: none"> Progress to full weight-bearing, normal gait Patients may require ambulating with 1 crutch while working on restoring normal gait Patient can ambulate without assistive devices once quadriceps recruitment and normal gait is restored
Range of Motion	<ul style="list-style-type: none"> Restore full active ROM
Strengthening	<ul style="list-style-type: none"> Progress strengthening exercises Progress to closed-chain exercises with resistance
Home Instructions	<ul style="list-style-type: none"> Restore normal activities of daily living

Suggested Exercises	<ul style="list-style-type: none"> • 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
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Phase 3: 6+ weeks post-operative

Goals	<ul style="list-style-type: none"> • Restore pre-operative activity level • Enhance muscular strength/endurance
Crutch Use	<ul style="list-style-type: none"> • Full weight-bearing without crutches
Range of Motion	<ul style="list-style-type: none"> • Maintain full ROM
Strengthening	<ul style="list-style-type: none"> • Progress to activity-specific strengthening exercises • Being plyometric/jumping exercises • Begin running program (through walk-run progression) • Begin cutting and agility exercises
Home Instructions	<ul style="list-style-type: none"> • 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/>