



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

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

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| <b>Goals</b>                       | <ul style="list-style-type: none"><li>• Minimize pain</li><li>• Reduce edema</li><li>• Restore knee ROM (0-120)</li><li>• Restore quadriceps recruitment</li></ul>   |  |   |
| <b>Precautions/<br/>Crutch Use</b> | <ul style="list-style-type: none"><li>• Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored.</li></ul>   |  |   |
| <b>Range of<br/>Motion</b>         | <ul style="list-style-type: none"><li>• Progress ROM as tolerated to restore normal motion</li></ul>   |  |   |
| <b>Strengthening</b>               | <ul style="list-style-type: none"><li>• Restore quadriceps recruitment through strengthening exercises</li></ul>   |  |   |
| <b>Home<br/>Instructions</b>       | <ul style="list-style-type: none"><li>• Keep surgical dressings clean and dry</li><li>• Change surgical bandages on the 2<sup>nd</sup> day after surgery (keep covered until first clinic visit)</li><li>• Can bathe on the 2<sup>nd</sup> day after surgery (do not scrub, soak, or submerge the incisions)</li><li>• Continue DVT prophylaxis (prevention for blood clots) as instructed by your surgeon</li></ul> |  |   |
| <b>Suggested<br/>Exercises</b>     | <ul style="list-style-type: none"><li>• Quadriceps sets</li><li>• Straight leg raises</li><li>• 4-way hip strengthening</li></ul>  | <ul style="list-style-type: none"><li>• Ankle pumps</li><li>• Heel slides</li><li>• ½ squats</li></ul> | <ul style="list-style-type: none"><li>• AAROM stretching with full extension and flexion to tolerance</li><li>• Bicycle for ROM</li></ul> |

### **Phase 2: 2-6 weeks post-operative**

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

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| <b>Suggested Exercises</b> | <ul style="list-style-type: none"> <li>• Treadmill, stairmaster, or elliptical trainer exercises</li> <li>• Lunges</li> <li>• Leg press</li> <li>• Closed chain terminal knee extension</li> <li>• Full squats</li> <li>• Step downs (front to back and lateral)</li> <li>• 4-way standing hip exercise</li> <li>• Balance training</li> </ul> |
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**Phase 3: 6+ weeks post-operative**

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