

## Rehabilitation Following Knee Arthroscopy

### I. PHASE I: MAXIMUM PROTECTION PHASE (Weeks 1-4)

**Goals:** Reduce inflammation/effusion  
 Allow early healing  
 Full passive knee extension  
 Gradually increase knee flexion  
 Restore quadriceps voluntary activation

#### **Stage 1: Immediate post-surgery days 1 through 10**

- Ice, compression, elevation
- Compression wrap dressing
- Crutches as needed
- ROM (passive 0-90) to tolerance
- Patellar mobilizations
- Stretch hamstrings, calf, hip flexors
- Strengthening exercises (neuro-muscular electrical stimulation to quads):
  - Quad sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee extension 90-40 degrees
  - Mini Squats 0-50/60 degrees
- Avoid active resisted knee flexion

#### **Stage 2: Weeks 2 through 4**

- Discontinue crutches when able
  - Continue use of ice and compression
  - Continue compression wrap
  - ROM guidelines
    - Gradually increase PROM as tolerated
    - Week 2: 0-125 degrees
    - Week 3: 0-135 degrees
    - Week 4: 0-145 degrees
  - \*Discontinue crutches when safe and proper gait (usually during week 2)
  - Continue PROM exercises and stretching
  - Strengthening exercises (see attached sheet Phase I exercises)
    - SLR (all 4 planes)
    - Knee extension 90-0 degrees
    - CKC mini-squats 0-45 degrees
    - CKC wall squats 0-60 degrees
  - Initiate CKC exercises
    - Lateral and front step overs
    - Lateral lunges
    - Step downs (lateral)
      - Step downs (front)
      - Bicycle
  - Pool exercises (once incision is closed)
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## II. PHASE II: INTERMEDIATE PHASE (Weeks 4-6)

**Goals:** Full PROM  
 Minimal to no swelling/inflammation  
 Restore quadriceps strength  
 Gradually increase functional activities

- Continue use of ice and compression as needed
  - Continue ROM and stretching to maintain 0-135 degrees
  - Progress strengthening exercises
    - Leg press 70-0 degrees
    - Knee extension 90-40 degrees
    - Hip Abd/Adduction
    - Wall squats 0-70 degrees
    - Vertical squats 0-60 degrees
    - Lateral step-ups
    - Front and lateral lunges
    - Hamstring curls
  - Balance/proprioception training
    - Biodex stability
    - Squats rocker board
    - Cup walking (step overs)
    - Standing on foam single leg
  - Bicycle (if ROM permits)
  - Pool program (may begin running in pool)
    - Elliptical
- \* May be able to begin running if cleared by physician or medical team

## III. PHASE III: ADVANCED ACTIVITY PHASE (Weeks 6-8)

**Goals:** Improve strength and endurance  
 Maintain full ROM  
 Gradually increase applied stress

### Week 6

- Continue all strengthening exercises listed above (Phase II and III activities) see attached sheet
- May initiate stair stepper if appropriate
- Treadmill walk/run program

### Week 7

- Continue strengthening and stretching program

## IV. PHASE IV: RETURN TO ACTIVITY PHASE (Week 8 and beyond)

**Goals:** Improve strength and endurance  
 Prepare for unrestricted activities

### Criteria to progress to Phase IV

- Full non-painful ROM
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- No pain or tenderness
- Satisfactory clinical exam
- Satisfactory isokinetic test

### **Exercises**

- Continue and progress all strengthening exercises and stretching drills
  - Deep squatting permitted at 4 months
  - Initiate straight line running: 4 months
  - Initiate pivoting and cutting: 5 months
  - Initiate agility training: 5 months
  - Gradually return to sports: 6 months
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