

KNEE ARTHROSCOPY REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I:	<ul style="list-style-type: none"> Weight bearing as tolerated 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Full ROM as tolerated with angles more than 90° 	<ul style="list-style-type: none"> Exercises to achieve full ROM Heel slides, hamstring curls, toe raises Isometric hip adduction to resisted hip adduction Quadriceps sets Static weight lifts/ short arc quads Hip abduction (does not aggravate patella-femoral symptoms) Theraband exercises: knee extension, leg press Stationary bike as tolerated
PHASE II:	<ul style="list-style-type: none"> Full weight bearing with no assistance 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Achieve full AROM 	<ul style="list-style-type: none"> ROM and strengthening exercises Functional Training: balance activities, step-downs/ups, lunges, and or partial squats, as tolerated Eccentric quadriceps and hamstring exercises Jogging on a mini- trampoline, progressing to treadmill running Increase resistance on stationary bicycle
PHASE III:	<ul style="list-style-type: none"> Full Active weight bearing 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Full AROM 	<ul style="list-style-type: none"> Strengthening exercises Plyometric exercises Running and agility drills Sport specific drills