

## KNEE ARTHROSCOPY REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

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