



Knee Arthroscopy Physical Therapy Protocol

Protective Phase (Week 0-1)

- Patient to use crutches as tolerated or per MD recommendation
- Instruction in dressing/bathing/etc. for wound protection
- Instruct joint protection, elevation, icing
- ROM, gentle stretches as tolerated (heel slides, active knee flexion)
- Quad sets, SLR (flex, abd, ext, add) as tolerated

ROM Phase/Early Strengthening Phase (Weeks 2-3)

- Continue to increase ROM as tolerated unless restricted by MD
- Soft tissue, joint mobilization as needed, progress toward full ROM
- Continue strengthening
- Initiate weight bearing strengthening as tolerated. Initially avoid squats/lunges if p-f joint or patellar tendon involvement.
- Initiate balance training
- May begin total body conditioning after incisions well healed.

Progressive Strengthening Phase (Week 4 and beyond)

- Progressive strengthening hip/knee/ankle
- Progress balance/coordination training
- Gym machines, light weight after 2-3 weeks
- Progress to dynamic stabilization exercises in functional positions if appropriate
- Jogging = 4-6 weeks if cleared by surgeon and good functional strength
- Agility progression = after 3-4 weeks of consistent, non-symptomatic running
- Progress Sport Specific training as appropriate when cleared by surgeon

The above protocol may be modified at the discretion of the surgeon or therapist based upon patient's progress and surgical findings.

Time frames will vary depending on tissue quality and number of degenerative changes found.

If insidious onset of problems, assess biomechanics of the athletes' tasks and make recommendations to prevent recurrence of problem