



KNEE ARTHROSCOPY, PARTIAL MENISCECTOMY, CHRONDROPLASTY, SYNOVECTOMY, LOOSE BODY REMOVAL PROCEDURES

Due to the extreme physical variances in the patient population undergoing these procedures, the following protocol is designed to provide guidelines for the clinician to progress patients during their rehabilitation. The clinician may alter patient progress to accommodate these physical variances (age, medical problems, cardiovascular conditioning, etc.).

PHASE I (Immediate post-op) Day 1

Weight Bearing

1. Partial with use of two crutches or walker.

Modalities

1. Ice, electrical stimulation.
2. Compression and elevation as needed to control pain and swelling.
3. Ice for 20 minutes following exercises throughout protocol.
4. May use electrical muscle stimulation if needed to assist with quad sets.

Orthotics

1. Knee brace at all times except for exercises and modalities.
2. Elastic bandage at all times under brace.

Exercises

1. Quadriceps sets
2. Heel slides.
3. Wall slides.
4. Progress ROM as tolerated.
5. Prone hangs
6. Straight leg raises
 - a. Four planes.
7. Hamstring sets
8. Hamstring stretching
9. Ankle pumps

Days 2 - 5

Weight Bearing

1. Progress partial to full as tolerated. Patient may discontinue crutches or walker when gait is normal.

Modalities

1. Continue as needed.

Orthotics

1. Discontinue knee immobilizer. May use at night as needed to help maintain extension.
2. Use elastic bandage as needed for edema/effusion control.

Exercises

1. Continue all previous exercises.
2. May start gravity-assisted ROM with assist of opposite leg if needed to improve ROM.
3. When weight bearing is full, start proprioceptive exercises:
 - a. Bilateral, progress to unilateral as tolerated.
 - i. BAPS® board or equivalent.
 - ii. Single leg standing for balance work.
4. Add resistance to SLRs as tolerated.
5. Progress into closed chain kinetic exercises at Day 4:
 - a. Stationary bike
 - b. Leg press or Ploysled, bilateral
 - c. Mini-squats, progress with TheraBand™ tubing
6. Neuromuscular re-education as needed.

PHASE II (Intermediate) Days 6 - 14

Weight Bearing

1. Should be full with normal gait.

Modalities

1. Only as needed.

Orthotics

1. Elastic bandage only as needed for swelling.

Exercises

1. Continue previous exercises.
2. Lateral step-ups
3. Leg press or plyosled, start single leg as tolerated
4. Elliptical cross trainer or ARC trainer, progress as tolerated
5. Start isotonic quadriceps and hamstring workout at Day 7 as tolerated.
6. Short arc progress to full arc.
7. Aquatics as needed
8. Start jogging straight ahead when quadriceps strength is 65% of non-involved extremity and no pain or swelling.

PHASE III (Advanced) Days 15 - 28

Exercises

1. Continue Phase II exercises, advance resistance and duration as tolerated.
2. Plyometrics.
3. Start functional (return to sport) activities.
4. Progress bounding on plyosled as quad strength improves.
5. Progress jogging program to running program as pain, swelling allows.
6. Aquatics as needed
7. Consider discharging from formal physical therapy when isokinetic strength and functional activity goals are achieved and after physician approval.