

# Knee Arthroscopy

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I	Phase II	Phase III	Phase IV
(POD 1-week 1)	(Weeks 1 - 3)	(Weeks 3 - 6)	(Weeks 6 - Discharge)
<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• WBAT</li> <li>• D/C crutches as soon as able, unless under WB restrictions</li> <li>• Allow wound healing</li> <li>• NMES prn</li> <li>• Manual techniques if indicated</li> </ul> <p style="text-align: center;"><b>ROM</b></p> <ul style="list-style-type: none"> <li>• AROM/PROM emphasizing full extension</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>• Ankle pumps</li> <li>• Quad set</li> <li>• SLR in 4 planes</li> <li>• Partial squats</li> <li>• Calf raises</li> <li>• Hamstring, gastrocnemius, quadriceps stretching prn</li> <li>• Balance exercises               <ul style="list-style-type: none"> <li>○ weight shifting</li> <li>○ SLS with support</li> </ul> </li> </ul> <p style="text-align: center;"><b>Goals</b></p> <ul style="list-style-type: none"> <li>• Working towards full extension</li> <li>• SLR without lag</li> <li>• Re-establish quadriceps activation<sup>1</sup></li> <li>• <math>\geq 90^\circ</math> flexion ROM, working towards full knee extension<sup>2</sup></li> </ul>	<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• Manual techniques if indicated. <i>Examples:</i> scar and patellar mobilizations</li> </ul> <p style="text-align: center;"><b>ROM</b></p> <ul style="list-style-type: none"> <li>• Exercises as indicated to achieve full ROM and flexibility</li> <li>• Stationary Bike</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>• Leg press (bilateral and unilateral)</li> <li>• TKE</li> <li>• Forward step-ups/downs</li> <li>• Lateral step-ups/downs</li> <li>• Wall slides</li> <li>• IT and hip flexor stretching prn</li> <li>• Proprioception</li> </ul> <p style="text-align: center;"><b>Goals</b></p> <ul style="list-style-type: none"> <li>• Restore <math>\geq 115^\circ</math> of flexion, full knee extension<sup>2</sup></li> <li>• Restore normal gait without an assistive device</li> </ul>	<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• Observe and correct for knee/hip alignment (functional valgus at knee and pelvic drop) with squatting and single limb activities</li> </ul> <p style="text-align: center;"><b>ROM</b></p> <ul style="list-style-type: none"> <li>• Symmetrical and full ROM</li> <li>• Progress biking</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>• Progress CKC activities minimizing dynamic valgus at the knee and pelvis.</li> <li>• Body weight squats</li> <li>• Lunges</li> <li>• Single leg squats</li> <li>• Initiate jog/run program</li> <li>• Advance balance exercises               <ul style="list-style-type: none"> <li>• wobble/balance board</li> <li>• high-level BAPS</li> <li>• Functional SLS UE/LE reaching</li> </ul> </li> <li>• Sports specific/work activities as tolerated</li> <li>• Initiate agility training</li> </ul> <p style="text-align: center;"><b>Goals</b></p> <ul style="list-style-type: none"> <li>• Full ROM</li> <li>• Minimal dynamic valgus with exercise</li> </ul>	<p style="text-align: center;"><b>CLINIC CARE</b></p> <ul style="list-style-type: none"> <li>• Work and/or sport specific training and return to sport testing</li> <li>• Observe and correct for soft, low squat landing with plyometrics, maintaining good alignment at pelvis and knee.</li> </ul> <p style="text-align: center;"><b>EXERCISE</b></p> <ul style="list-style-type: none"> <li>• Progress jogging speed and distance, eventually to full speed running if needed</li> <li>• Bilateral plyometrics progressing to unilateral               <ul style="list-style-type: none"> <li>○ squat jumps</li> <li>○ tuck jumps</li> <li>○ box jumps</li> <li>○ <math>180^\circ</math> jumps</li> <li>○ scissor hops</li> <li>○ unilateral hopping drills</li> </ul> </li> <li>• Progress sports specific/work tasks as tolerated</li> <li>• Begin sprints and cutting drills:               <ul style="list-style-type: none"> <li>○ straight line,</li> <li>○ figure 8</li> <li>○ circles</li> <li>○ <math>45^\circ</math> and <math>90^\circ</math> turns carioca</li> <li>○ lateral movements</li> <li>○ power skipping</li> </ul> </li> </ul> <p style="text-align: center;"><b>Goals</b></p> <ul style="list-style-type: none"> <li>• Functional sport testing as needed</li> <li>• Return to desired activity levels</li> </ul>

