

# Hays Medical Center

## Knee Arthroscopy

### General Principles:

This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

### PHASE I: (Immediate Post-Op)

#### Week 1

##### Orthotics-

1. Knee immobilizer at all times except on **Day 1** for exercises and modalities
2. Discontinue knee immobilizer as tolerated. May use at night if needed to maintain extension
3. Use compression wrap as needed for edema/effusion control

##### Weight Bearing-

1. Partial progressing to full weight bearing as tolerated
2. May discontinue crutches/assistive device when gait is normal

##### Modalities (PRN)-

1. Ice, Electrical Stimulation
2. Compression and elevation as needed for control of pain and swelling
3. Ice for 10-20 minutes following exercises throughout protocol
4. May use Electrical stimulation if needed to assist with Quad firing

##### ROM-

1. Progress active and passive ROM as tolerated

##### Exercises-

1. Quad Sets, Hamstring Sets
2. Straight Leg Raises (All planes)
3. Heel Slides, Wall Slides
4. Hamstring Stretching, Prone Hangs
5. Closed-chain strengthening (When weight bearing allows)
  - a. Mini-squats, step ups, Shuttle
6. Stationary Bike, Nu Step
7. Single leg balancing / proprioceptive exercises

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## PHASE II: (Strengthening)

### Week 2

#### Modalities (PRN)-

1. Continue only as needed

#### ROM-

1. Active and passive ROM progressing to full as tolerated

#### Exercises-

1. May initiate Elliptical runner
2. Isotonic Quad and Hamstring strengthening
  - a. Short arc, progress to full arc
3. Start Isokinetics
  - a. 240 to 300 degrees/second
  - b. Limit extension initially
  - c. Monitor Patella-femoral precautions
4. May initiate straight-ahead jogging with no pain or swelling

## PHASE III: (Advanced Strengthening)

### Week 3-4

#### Modalities (PRN)-

1. Continue only as needed

#### ROM-

1. Active and passive ROM progressing to full as tolerated

#### Exercises-

1. Progress Phase II exercises as tolerated
2. Initiation of light sports activity
  - a. Plyometrics
  - b. Shuttle Bounding
  - c. Sport specific agility
  - d. See Interval Golf and Interval Running programs
  - e. DIME warmup
3. Criteria to be released for return to sport
  - a. Isokinetic test at 180, 240, and 300 degrees per second for physician review (Goal: 90% strength or better)
  - b. Lower extremity functional tests at 90% or better (See Lower extremity functional test protocol and form)

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