HaysMed

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

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

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

(cont'd week 2 exercises)

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
    LE functional test per physician request, see protocol (Goal: 90% of uninvolved leg)
    Please complete LE testing form and return to physician

Revised 08/2026