

Knee Arthroscopy Protocol

Week 1

- Utilize Russian stimulation as needed for VMO activation
- Progress to normal gait without crutches in 1-2 days post op
- Stationary bike for gentle ROM only
- Home Program
 - Quad setting
 - Short arc quad contractions
 - Passive self-flexion
 - Knee extension prop stretch when icing
- Cryotherapy 4-6 times/day for 10-15 minutes
- Wear ACE wrap consistently except during rehab and icing
- Goal: 0-0-110° by end of week 1

Week 2

- Increase stationary bike duration and speed as able
- Leg Press/Stairmaster/Biodex quad training to commence
- Don Tigney exercises for terminal knee extension
- Increase PROM intensity as necessary to gain full ROM
- Home Program Additions (continue with all previous components)
 - Lateral step ups
 - Calf/Hamstring stretches
 - Patellar mobs as needed
- Continue to ice 3-4x/day and wear ACE wrap

Week 3

- Progress quad strengthening as indicated by functional testing
- Achieve full hyperextension with overpressure
- For athletes:
 - Initiate basic proprioceptive/agility/plyometric training as swelling permits
- Home Program Additions
 - Split squats
 - Leg machines at gym – involved limb only
 - Elliptical machine
- Continue to ice 2-3x/day, discontinue ACE wrap

Week 4

- Full & symmetrical AROM
- Quad testing via isokinetic machine (goal of 80%+)
- Continue strength/agility as needed to reach specific goals
- Ice 1-2x/day as needed for pain/swelling

Week 4+

- Maintain full AROM and effusion control
- Only progress to symmetrical training when full strength is achieved via testing
- Progression to full sport activity as tolerated