

Knee Arthroscopy Protocol

Phase I (2 days post-op - Week 4)

- **Goals**
 - Control pain and swelling
 - Good quad contraction
 - Full WB without antalgic gait
 - Attain Full AROM
- **Suggested Exercises**
 - Modalities - IFC, NMES, cryotherapy
 - Stretching HS, Quad, gastroc, soleus
 - Quad sets, SAQ, LAQ, SLR, bike, ankle pumps, heel slides, prone hang
 - Gait retraining
 - Patellar Mobs
 - Squats, march, HS curl, lunges, Total Gym
 - Hip strengthening

Phase II (Weeks 4-6)

- **Goals**
 - Ambulate with normal gait
 - Full quad control and WNL strength
 - Full AROM
 - Begin functional specific exercises
- **Suggested Exercises**
 - Modalities as needed
 - Stretching and strengthening as above
 - Balance/proprioception - BOSU, mini-tramp
 - Closed chain exercises
 - Jogging and plyometrics as long as good quad control

Phase III (Weeks 6+)

- **Goals**
 - As above
 - Gradual return to sport and full work function
 - Cleared to return to sports with approval from physician and symmetric strength and AROM with uninvolved LE
- **Suggested Exercises**
 - Modalities as needed
 - Stretching and strengthening as above
 - Continue balance/proprioception training
 - Lateral movements