

## POST-OPERATIVE REHABILITATION: KNEE ARTHROSCOPY

**Therapy Plan:** As needed - twice per week for 0-2 months, once per week for 2-4 months

### ROM Progression

Progress ROM as tolerated with the goal of symmetric full motion at 6-8 weeks.

### Weight Bearing Progression

Full weight bearing as tolerated utilizing crutches initially for assistance.

- Progress weight bearing with the goal of removing crutches at 2-4 weeks
- Do NOT progress to one crutch - gait must be pain free and non-compensatory to remove both crutches

### Initial Post-Operative Physical Therapy Visit

- Correctly perform weight bearing with crutches
- Instruct on leg bridge for extension, heel slides for flexion, quad sets, ankle pumps
- Isometric exercises for core, glutes, quadriceps, hamstrings

### Phase 1 Physical Therapy (0-4 weeks): protect the joint, progress ambulation

- NO open-chain exercises
- Manual therapy 20+ minutes per session, stationary bike 20-60 minutes/day (NO resistance)
- Initiate closed-chain strengthening and planks advancing as tolerated
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Tactile and verbal cueing to enable non-compensatory gait patterning

### Phase 2 Physical Therapy (4-8 weeks): progressive strengthening

- Continue closed-chain strengthening and planks advancing as tolerated
- Proprioceptive training
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Plyometrics and agility drills as tolerated
- Elliptical and pool running may start at 6 weeks

### Phase 3 Physical Therapy (8-12 weeks): return to pre-injury level and sport

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- Straight treadmill running may start at 8 weeks
- Sport-specific drills as tolerated
- Full return may take a full 3-6 months or more depending on surgery and recovery