

Knee Arthroscopy Post-Operative Guidelines

Post-Operative Instructions Summary

- Medications
- Dressing
- Showering
- Cryocuff
- Weight Bearing
- Activities

Exercise

- **ROM:** Keep knee extended with leg on pillow under calf and ankle for 10-15 min/ 4-6 x day (not under knee)
- **Strength:** Quad sets (5-10/ hr.) / SLR (5/ hr.)

Complications

- Contact us if have severe pain not relieved with pain meds.
- If you have a temp over 101.5, redness or swelling in your thigh or calf, call immediately day or night

Day 1 Post-Op Goals

- Control pain and swelling
- Normal extension day 1
- Normal ambulation /FWB in 24 hrs. per physician (must be without limp, or stay on crutches)

General Rehab Goals

- Control pain and swelling
- Normal ROM, proprioception, strength
- Return to activities/ sport in 3-5 weeks

Phase I (week 1) Goals

- Restore full ROM
- Perform daily activities pain free
- Initiate good strength and proprioception

Exercises (day 1-3)

- **ROM:** AROM & PROM in supine and sitting as tolerated (90-100 deg.)
- **Strength:** Standing TBx4 (continue with SLR and quad sets) /TKE with Theraband2 x 15 (1-2 x

day)

▫ **Proprioception:** Balance on floor with one foot 2 x 20 sec. (2 x day)

▫ **Treatment:** Ice with elevation 15-20 min. with ankle pumps

Exercises (day 3-6)

▫ **ROM:** AROM, PROM (100- full)

▫ **Strength:** add/standing calf raises (both) 2 x 12/

▫ **Proprioception:** Balance on floor, one foot 2 x 60 sec.

▫ **Treatment:** Ice with elevation 15-20 min. with ankle pumps

Phase II (week 2-3)

Goals

▫ Exercise in full/ pain free range

▫ Begin closed chain exercises

▫ Good strength and proprioception

▫ Return to activities per physician

Exercises (days 1-4)

▫ **ROM-** passive, heel slides (maintain)

▫ **Strength-** (add) short arc quads 2 x 10 (wt. As tolerates)/ double leg mini squats 2x 20/ Step ups- forward and lateral 2 x 12

▫ **Proprioception-** Balance on floor, one leg 3 x 45 sec.

▫ **Treatment-** Ice 15- 20 min.

Exercises (days 4- end)

▫ **ROM-** (maintain)

▫ **Strength-** (add) various double leg mini-squats (stagger, ballet) 2 x 20/ Step ups- forward and lateral 3 x 15

▫ **(Advanced)-** single leg mini squats, and double leg mini squats on uneven surface (per ATC, PT)

▫ **Proprioception-** Balance on floor, one leg 3 x 1 min.

▫ **(Advanced)-** Balance on uneven surface, jump and balance on one foot (per ATC, PT)

▫ **Treatment-** As needed

Restrictions ▫ Synovitis: crutches 3-4 days, progress slower as symptoms allow

▫ Meniscal repair: weight bearing in full extension for 6 weeks and ROM limited to 0-90 degrees

▫ Return to sport / activity by 3-5 weeks (per physician)