



THE STONE CLINIC
ORTHOPAEDIC SURGERY, SPORTS MEDICINE AND REHABILITATION

KNEE ARTHROSCOPY
Post-Operative Rehabilitation Guidelines

PHASE I. (Status-post Weeks 1-2)

- Nurse appt day 2 for dressing change and review of home program.
- Ice/elevation every 2 hours for 15 minute to minimize edema and promote healing (please refer to Icing - Recommendations handout).
- Avoid impact or twisting for 4 weeks.

Manual -Soft tissue treatment to quads, posterior musculature, suprapatellar pouch, popliteal fossa, iliotibial band and Hoffa's fat pad.
-Patellar mobilization as needed.
-No direct scar mobilization (Avoid direct palpation and mobilization on incisions/portals for 4 weeks).

Exercise: -Strength training specifics: quad sets/straight leg raises, hip abduction, calf presses/heel raises, Gluteus sets, and core conditioning.
-Upper body conditioning, well-leg stationary cycling or Upper Body Ergometer (arm bike).
-Gait training progression towards minimizing assistive devices (walker, crutches, etc).

Goals:

Range of motion 0 to 90 degrees.
Pain < 3/10, minimal Edema.
Gait weight-bearing as tolerated; Good quality gait with least amount of assistive device.

PHASE II. (Status-post Weeks 2-4)

- Nurse appt for suture removal day 14.
- Ice and elevation daily.
- Walking for 15 -20 mins daily.
- Avoid impact and twisting of the knee for 4 weeks.

Manual: -Soft tissue treatment to quads, posterior musculature, suprapatellar pouch, popliteal fossa, iliotibial band and Hoffa's fat pad.
-Patellar mobilization as needed.
-No direct scar mobilization on incisions/portals for 4 weeks.

Exercise: -Functional strengthening exercises including squats/leg Press, bridges/hamstring curls, 2" step Down.

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-Intense core training, aerobic exercises as tolerated (bilateral stationary bike, Elliptical, arm bike).

Goals:

Active Range Of Motion: equal extension to uninvolved side and flexion to 120 degrees. No edema.
Full weight-bearing; normal gait without assistive device.
Single Leg Balance 60 sec on level surface.

PHASE III. (Status-post Weeks 4 and beyond)

MD appt at 4 weeks.

Walk up to 1 hour for exercise.

Manual: -Continue with soft tissue mobilization.

-Apply direct scar tissue mobilization; can use instruments/tools.

Exercise: -Emphasize self stretching to both lower extremities.

-Increase intensity of resistance exercises (i.e. standing resisted squats, lunges, etc).

-Introduce lateral and eccentric exercises (4-6" steps).

-Introduce controlled pivoting and twisting of lower extremity.

-Initiate impact training with water or trampoline.

-Greater emphasis on single leg strength, increase challenge of proprioceptive training.

Goals:

Activities should be pain-free.

Bike with minimal resistance, Elliptical, Swimming-flutter kick all tolerated.

Progress back to sport training.

***MD appt and PT appt at 3 months for Sports Test I and clearance for sport

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