



PHYSICAL THERAPY PROTOCOL
KNEE ARTHROSCOPY

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|--|---|--|--|
| Weeks 0-2 PT 1-2x/week HEP daily | Edema and pain control Maintain full extension Limit quad inhibition ROM 0-90° | WBAT Limit knee flexion to 90° Avoid prolonged standing/walking No reciprocal stair ambulation | Quadriceps isometrics & re-education Patella mobilization Emphasize full passive extension P/A/AAROM flexion/extension Proprioception training Hip progressive resisted exercises |
| Weeks 2-6 PT 2-3x/week HEP daily | Full ROM Minimal swelling Normalize gait Ascend/Decent 8" stair Reciprocate stairs Return to normal ADLs | WBAT Avoid pain with therapeutic exercises and functional activities | Continue above Advance flexibility and proprioception Leg press Step up/step down program Elliptical |
| Weeks 6-12 PT 2-3x/week HEP daily | Full ROM Return to normal activity Run pain free Maximize strength/flexibility | WBAT Avoid pain with therapeutic exercises and functional activities Return to sport (MD directed) | Continue above Initiate running when able to descend 8" step without pain/deviation Plyometrics Agility and sport specific training Advance proprioception Advance LE strengthening |

IF QUESTIONS: PLEASE CALL 469-800-7200