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KNEE ARTHROSCOPY (Rehabilitative Guidelines)

(Partial Meniscectomy, Plica Excision, Lateral Release, Synovectomy, Chondroplasty)

Revised June 2018

Post-op day 1-7

Dressing – POD 1: Debulk dressing, TED Hose in place
– POD 2: Change dressing, keep wound covered, continue

TED Hose

– POD 7-10: Sutures out, D/C TED Hose when effusion

resolved

Crutches – WBAT (DC when gait is WNL – generally at 3-5 days)

Calf pumping

AROM, heel slides

Stationary bike for ROM – complete cycle as able

Quad sets, use E-stim as needed

SLR x 4

Mini squats, weight shifts, in parallel bars

Hamstring curls – prone or standing without resistance

Double leg heel raises

Stretches – HS, AT

Ice with knee elevated and in extension after exercise

Goals

ROM 0-90

Good quad control (QS, SLR)

Gait WNL

Effusion and pain controlled

Week 1 – 2 and progress as tolerated

Continue ACE WRAP OR TED hose for effusion PRN

– Especially with lateral release and synovectomy

Patellar mobilization

Scar massage when wounds healed

PROM, AAROM, AROM with goal of 130 degrees

SLR x 4 on mat – add ankle weights when quad control is maintained

Progress to Standing SLR x 4 with Theraband – bilaterally

Partial wall squats, mini squats

Hamstring curls with resistance

Leg press

Forward, lateral, and retro step downs in parallel bars

Single leg heel raises

Proprioceptive training – single leg standing, progress to single leg BAPS,

Ball Toss, and Body Blade

Functional activities – Fitter, slide board
Stretches – HS, AT, Hip Flexors
Stationary bike for progressive resistance and time
Treadmill – Walking program as tolerated
Pool therapy (when wounds well healed)

Goals

Full ROM
Stair ambulation without pain or sensation of giving way

Weeks 2 – 3

Continue appropriate previous exercises
Scar massage when incision healed
PROM, A / AROM, AROM increase as tolerated
SLR x 4 – add light ankle weights if quad control is maintained
Weight shifts (partial support in parallel bars)
Stretches – HS, AT, Hip Flexors, ITB
Treadmill – progress to 15 min / mile pace
Elliptical trainer

Goals

Pain / effusion control
No extensor lag
Walk 2 miles @ 15 min / mile pace

Weeks 4 – 5

Continue appropriate previous exercises
PROM, AAROM, AROM with goal of full ROM by 6 weeks
Mini squats, weight shifts – in parallel bars
Total Gym to start closed chain activity

- Mini squats (level 3-5) – No flexion > 45 degrees
- Passive flexion to 90 degrees (push up with opposite leg)

Leg press with light resistance, 0-45 degrees
Hamstring curls 0-45 degrees – closed chain (carpet drag, rolling stool)
Stationary bike with seat high for ROM – complete cycle as able
Pool therapy – Walking and jogging (no kicking)

Goals

ROM full
No effusion

Weeks 6 – 8

Continue strengthening, stretching and proprioceptive training
Running progression program
Functional training / agility drills
Goal – Run 2 miles at normal pace