

Knee Arthroscopy

Post-op Program:

POW 1-2

1. Patellar Mobilizations
2. Cryotherapy
3. Quad sets
4. SLR's: supine
5. May use e-stim to promote quad recruitment
6. Progress ROM to full actively and passively
7. Teach gait training
 - a. Emphasize heel-toe, good quad isolation, normal knee flexion and push-off
8. Start the following open chain exercises
 - a. Side lying hip abduction and adduction
 - b. Sitting hip flexion
 - c. Ankle theraband
 - d. Standing hamstring curls to tolerance
9. Begin closed chain knee exercises
ENCOURAGE PROPER TECHNIQUE AT ALL TIMES
 - a. Single leg stance: level to unlevel surfaces
 - b. Therakicks: progress resistance, speed, arc of motion
 - c. Walking forward, retro, and sidestepping
 - d. Standing calf raises, wobble board
 - e. Wall slides
 - f. Leg press
 - g. Stationary bike
10. Encourage upper extremity strengthening for overall conditioning
11. Continue modalities

POW 2-4

1. Continue as above
2. Progress exercises for building strength and endurance
 - 4-6 sets of 15-20 reps
 - Progress from double to single leg and concentric to eccentric
 - Emphasis on closed chain activities only
 - a. Leg press
 - b. Squats
 - c. Lunges (front/side/back)
 - d. Step-ups
 - e. Leg curls

- f. Hip strengthening
- g. Resisted walking
- 3. Exercises for balance and proprioception
 - Progress from local to whole body
 - a. Mini-tramp
 - b. Sport cord
 - c. Slide board
 - d. Swiss ball
- 4. Exercises for endurance
 - a. Bike
 - b. Stairmaster
 - c. Elliptical trainer
 - d. Treadmill walking
 - e. Aquatic exercise

POW 4-6

- 1. Continue as above but slowly progress weight and decrease reps (8-10)
 - a. Increase load
 - b. Decrease time and increase power
- 2. Progress walking to a fast walk then walk/jog on treadmill
 - a. High knee march
 - b. Figure of "8"
- 3. Begin jumping rope.
 - a. Shuttle

POW 6-return to sport

- 1. Progress jump roping to line jumps, then box jumps, and then distance jumps
- 2. Begin sport specific drills
- 3. Progress speed and intensity of above activities

Return to Athletics Criteria

- 1. Satisfactory clinical exam
- 2. <10% isokinetic strength deficit (Leg Press)
- 3. Completion of sport replication activity
- 4. Single leg hop test