

# Postoperative Rehabilitation Protocol for Simple Knee Arthroscopy



Dr. MacLean

Physical therapy should be started within a few days after surgery

## Phase 1: Postoperative weeks 0-2

### CRUTCH USE

- Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored

### RANGE OF MOTION

- Progress ROM as tolerated to restore normal motion

### STRENGTHENING

- Restore quadriceps recruitment through strengthening exercises

### MODALITIES PRN

## Phase 2: Postoperative weeks 2-6

### CRUTCH USE

- Progress to full weight-bearing, normal gait (if not already performing)

### RANGE OF MOTION

- Restore/maintain full active ROM

### STRENGTHENING

- Progress strengthening exercises
- Progress to closed-chain exercises with resistance

## Phase 3: Postoperative weeks 6+

### STRENGTHENING

- Restore pre-operative activity level
- Enhance muscular strength/endurance
- Progress to activity-specific strengthening exercises
- Begin plyometric / jumping exercises
- Begin running program (walk-run progressions)

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).  
Answering service for after hours.*

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