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## **KNEE ARTHROSCOPY**

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

## **POST-SURGICAL REHABILITATION PROTOCOL**

### **POST-OP DAYS 1 – 7**

- TED Hose – Continue until swelling resolved
- Crutches – weight bearing as tolerate (WBAT)
- (DC when gait is normal – generally at 3-5 days)
- Patellar mobilization as needed (teach patient)
- Calf pumping
- AAROM, AROM, heel slides as tolerated
- Quad sets – Electrical stimulation as needed
- Short Arc Quads
- Straight leg raise (SLR) x 4 directions
- Mini squats 0-45 degrees in parallel bars
- Hamstring curls – Standing, without resistance
- Double leg heel raises
- Stationary bike for range of motion – Complete cycle as able
- Stretches – HS, Hip Flexors, ITB
- Ice Pack with knee elevated and in extension after exercise

### **GOALS**

- Pain and swelling controlled
- ROM 0-90 degrees

### **Weeks 1 - 3**

- TED Hose – Continue until swelling resolved
- Continue appropriate previous exercises
- AAROM, AROM through full range
- SLR x 4 on mat – Add ankle weights when quad control is maintained
- Progress to standing with light Theraband bilaterally
- Wall squats 0-60 degrees
- Leg press 0-60 degrees with light resistance

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- Hamstring curls on weight machine with light resistance
- Forward, lateral and retro step downs in parallel bars (small step)
- Single leg heel raises
- Stationary bike – Progressive resistance and time

### **GOALS**

- Full ROM
- Normal gait

### **WEEKS 3 - 6**

- Continue appropriate previous exercises with increased range and resistance

- Forward, lateral and retro step downs (medium to large step)
- Hip weight machine x 4 bilaterally
- Knee extension weight machine
- Proprioceptive training – Single leg BAPS, ball toss and body blade
- Fitter
- Slide board
- Treadmill – Walking progression program
- Elliptical trainer
- Pool therapy

#### **GOALS**

- Walk 2 miles at 15 min/mile pace
- Stair ambulation without pain or sensation of giving way

#### **WEEKS 6 - 10**

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Stairmaster
- Treadmill – Running progression program
- Transition to home / gym program

#### **GOAL**

- Return to all activities

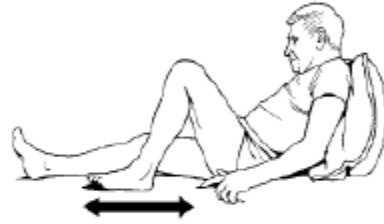
## KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

**Quad Isometrics**



**Heel Slides**



**Active Assisted Motion**



**Ice Position 15 minutes 2-3 x per day**



**ADAPTED FROM:**

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