

GARRETT COUNTY ORTHOPAEDICS

311 North 4th Street, Suite #3

Oakland, MD 21550

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KNEE ARTHROSCOPY

Includes: partial menisectomy, lateral release, plica excision, chondroplasty, loose body removal

WK 0-4 (Phase I):

- WBAT, wean off crutches as gait and quad control improves
- Exercises- emphasize quad strength, knee ROM
 - Cardio- stationary bike with light to no resistance; gradually add elliptical
 - Heel slides
 - Calf pumps with tubing/band
 - Quad sets; NMES as needed to assist
 - Prone hang or ankle on bolster for passive knee extension
 - Gentle stretching- hamstrings, calf, prone quad
 - Advance to SLR x 4 as quads improve (no extensor lag)
 - Shuttle squats 0-60, double leg w/o resistance- advance after 2wks with resistance, SL
 - *When adequate quad control:* Step ups- fwd/lat/retro
 - **WK 2:** wall squats 0-45, progress up to 60 as improve
 - **WK 2:** hamstring curls, SLS
 - Gait Training: when normalized, start retro walking, cone walking, marching
- Goals:
 - Control pain and swelling
 - Knee AROM 0-120
 - Normal gait pattern

WK 5-8 (Phase II):

- Progress above exercises with resistance/intensity as tolerated
- Exercises to add- emphasize balance, proprioception, coordination
 - SLS balance challenges- bodyblade, foam, rocker board, ball toss, etc
 - Progressive LE strengthening- leg press, squat progression 0-45, calf raises
 - Fast walking; **WK 8-** progress to jogging per walk-to-run progression program if no effusion present
 - **At approx 8wks:** Functional activities- 2 leg plyometrics, jump rope, planks, lunges, etc
- Goals:
 - Full knee AROM
 - >90% quad and hamstring strength compared bilaterally
 - Hop without pain
 - Stair ambulation without pain

Month 2-3 (Phase III):

- Progress above exercises
- Progress jogging to running
- Progress strength to muscle failure
- Functional training challenges 50-75% intensity with gradual progression- jump, hop, cariocas
- Goals:
 - Full LE strength

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Knee Post Op Phase 1

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

