

Standard Knee Arthroscopy Rehabilitation Protocol

| Phase | Goals | Precautions/Restrictions | Treatment |
|-----------|--|---|--|
| Weeks 0-1 | <ul style="list-style-type: none"> Decrease pain and swelling Promote PRICE principles Initiate knee AAROM to AROM Minimize muscle atrophy Normalize gait | <ul style="list-style-type: none"> Keep incisions clean and dry OK to shower with small arthroscopy portal incisions (with steri-strips or sutures) 4 days after surgery excessive activities Weightbearing as tolerated (WBAT) | <ul style="list-style-type: none"> Stationary Bike Active assisted progressing to active range of motion Initiate Isometrics: quad, hamstring, glute, abdominal Isotonic exercises: ankle, knee, hip, straight leg raises, closed kinetic chain (CKC) therapeutic exercise, begin blood flow restriction(BFR) if available Cryotherapy Objective Measures: Knee Rom, Sweep Test, SLR without extensor lag, Gait Assessment Initial visit: FOTO, LEFS PRO |
| Weeks 2-4 | <ul style="list-style-type: none"> Achieve full knee ROM Obtain ≥80% limb symmetry <ul style="list-style-type: none"> HHD Anterior Y balance ≤4 cm difference in anterior direction; ≥90% LSI in posterior direction Improve proprioception Resume activities of daily living | <ul style="list-style-type: none"> Monitor pain and swelling before and after rehab sessions Minimize high impact activities Examine movement quality with all exercise Avoid twisting, pivoting | <ul style="list-style-type: none"> Full AROM Advance core and lower extremity (LE) CKC exercises. <ul style="list-style-type: none"> Single plane/multi joint Multi plane/multi joint Initiate proprioception and balance training Progress aerobic and anaerobic nonimpact cardiovascular exercise Cryotherapy / Modalities as needed Objective Measures: full knee ROM, sweep test, hand held dynamometry (HHD) strength, Y Balance Week 3-4: FOTO, LEFS PRO |
| Weeks 4-8 | <ul style="list-style-type: none"> Obtain ≥90% limb symmetry <ul style="list-style-type: none"> HHD clinical dynamometer testing Single leg hop testing ≥90% limb symmetry Progressive return to all activities and sports | <ul style="list-style-type: none"> Avoid knee joint irritation Monitor pain and swelling pre and post rehab sessions Examine form and movement quality with all exercise Systematic initiation of power, speed, impact and return to sport activities | <ul style="list-style-type: none"> Advance Strengthening <ul style="list-style-type: none"> Multi-planar Initiate agility and plyometrics <ul style="list-style-type: none"> Simple to complex Single plane to multiplanar Low load to high load Low velocity to high velocity Advance to sport specific activity <ul style="list-style-type: none"> Low level to higher demand Moderate speed to high speed Maximize aerobic and anaerobic interval training Cryotherapy Specific Movement Assessment Week 6-8: Functional testing Week 6-8: FOTO, LEFS PRO |

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.
 Each patient's progress may vary based on specifics to their injury and procedure.



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