

Knee Arthroscopy Guidelines

Post operative instructions	<ul style="list-style-type: none"> Medications Dressing Showering Cryocuff Weight Bearing Activities
Exercises	<ul style="list-style-type: none"> ROM- Keep knee extended with leg on pillow under calf and ankle for 10-15 min/ 4-6 x day (not under knee) Strength- Quad sets (5-10/ hr.) / SLR (5/ hr.)
Complications	<ul style="list-style-type: none"> Contact us if have severe pain not relieved with pain meds. If you have a temp over 101.5, redness or swelling in your thigh or calf, call immediately day or night at (615)-322-7878
Day 1 post-op Goals	<ul style="list-style-type: none"> Control pain and swelling Normal extension day 1 Normal ambulation /FWB in 24 hrs. per physician (must be without limp, or stay on crutches)
General rehab goals	<ul style="list-style-type: none"> Control pain and swelling Normal ROM, proprioception, strength Return to activities/ sport in 3-5 weeks
Phase I (week 1)	<ul style="list-style-type: none"> Restore full ROM Perform daily activities pain free Initiate good strength and proprioception
Goals	
Exercises (day 1-3)	<ul style="list-style-type: none"> ROM- AROM & PROM in supine and sitting as tolerated (90-100 deg.) Strength- Standing TBx4 (continue with SLR and quad sets) /TKE with T-band 2 x 15 (1-2 x day) Proprioception- Balance on floor with one foot 2 x 20 sec. (2 x day) Treatment- Ice with elevation 15-20 min. with ankle pumps
Exercises (day 3-6)	<ul style="list-style-type: none"> ROM- AROM, PROM (100- full) Strength- add/ standing calf raises (both) 2 x 12/ Proprioception- Balance on floor, one foot 2 x 60 sec. Treatment- Ice with elevation 15-20 min. with ankle pumps
Review of goals	<ul style="list-style-type: none"> Full ROM Pain free daily activities Good strength and proprioception

Vanderbilt Sports Medicine

<p>Phase II (week 2-3)</p> <p>Goals</p> <p>Exercises (days 1-4)</p> <p>Exercises (days 4- end)</p> <p>Review of goals</p>	<ul style="list-style-type: none"> ▪ Exercise in full/ pain free range ▪ Begin closed chain exercises ▪ ROM- passive, heel slides (maintain) ▪ Strength- (add) short arc quads 2 x 10 (wt. As tolerates)/ double leg mini squats 2x 20/ Step ups- forward and lateral 2 x 12 ▪ Proprioception- Balance on floor, one leg 3 x 45 sec. ▪ Treatment- Ice 15- 20 min. ▪ ROM- (maintain) ▪ Strength- (add) various double leg mini-squats (stagger, ballet) 2 x 20/ Step ups- forward and lateral 3 x 15 ▪ (Advanced)- single leg mini squats, and double leg mini squats on uneven surface (per ATC, PT) ▪ Proprioception- Balance on floor, one leg 3 x 1 min. ▪ (Advanced)- Balance on uneven surface, jump and balance on one foot (per ATC, PT) ▪ Treatment- As needed ▪ Full ROM ▪ Pain free daily activities ▪ Good strength and proprioception ▪ Return to activities per physician
<p>Restrictions</p>	<ul style="list-style-type: none"> ▪ Synovitis: crutches 3-4 days, progress slower as symptoms allow ▪ Meniscal repair: non-weight bearing x 6 weeks and ROM limited to 0-90 deg. (or per MD orders) ▪ Return to sport / activity by 3-5 weeks (per physician)