

Robert Kollmorgen DO

KNEE ARTHROSCOPY**(Partial Meniscectomy, Plica Excision, Lateral Release, Synovectomy, Chondroplasty)***Revised August 2017***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
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

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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

Goals

Return to all activities at 3 months post-op