



Rehab Protocol

Knee arthroscopy

LJ BRADLEY 
ORTHOPAEDIC SURGEON

northlandorthopaedicsurgeon.co.nz

Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the knee and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Avoid running • Walk short distances only 		
Recommendations	<ul style="list-style-type: none"> • Rest and elevate as required • Ice the knee up to 3 times a day – particularly in the first 72 hours • Range of motion exercises of ankle • Range of motion exercises of hip • Gentle movement of the knee from full extension to 90 degrees of flexion as pain and swelling allows 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Supine straight leg raise • Ankle pumps • Supine bed supported knee bend • Sitting supported knee bend • Sitting knee extension stretch – foot on floor • Supine knee extension – foot elevated/supported • Standing knee extension 		

Phase 1		Week 2 to week 6	
Goals	<ul style="list-style-type: none"> • Comfortably walk normally • Gain full range of motion • Begin strengthening 		
Precautions	<ul style="list-style-type: none"> • Avoid running • Increase walking distance but only if comfortable 		
Recommendation	<ul style="list-style-type: none"> • When standing, push knee straight to help achieve full extension • Increase range of motion from full extension to full flexion • Hip and gluteal muscle strengthening • Ankle range of motion and strengthening 		
Suggested exercises	<ul style="list-style-type: none"> • Wall slide mini squat • Double leg squats (0-60) • Sitting unsupported knee extension and flexion • Single leg stance – knee straight, knee flexed • Straight leg raise • Step ups • Double calf raises – progress to single calf raise • Side leg raise – knee straight, knee flexed • Gluteal band exercises 		

Knee Arthroscopy

	<ul style="list-style-type: none"> • Bridging with gluteal contraction • Exercycle – low resistance, short interval 	
Phase 2	Week 7 to week 12	
Goals	<ul style="list-style-type: none"> • Comfortably walk normally • Gain full range of motion • Return to full function 	
Precautions	<ul style="list-style-type: none"> • Return to running as comfort allows • Do not return to athletic activity before full strength and neuromuscular control has been gained 	
Recommendations	<ul style="list-style-type: none"> • Passive stretching to achieve full extension and flexion • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Neuromuscular control and co-ordination of leg 	
Suggested exercises	<ul style="list-style-type: none"> • Double leg squats (0-90) • Single leg squats • Single leg hop • Step ups – increase height • Hop ups • Step downs • Hop downs • Side hops • Resisted quads and hamstring weight training • Gluteal band exercises • Bridging • Double calf raises – progress to single calf raise • Exercycle – increase resistance and training length 	