

Knee Arthroscopy Guidelines

<p>Post operative instructions</p> <p>Exercises</p> <p>Complications</p> <p>Day 1 post-op Goals</p> <p>General rehab goals</p>	<ul style="list-style-type: none"> ▪ Medications ▪ Dressing ▪ Showering ▪ Icing ▪ Weight Bearing ▪ Activities <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.) <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 (847) 634-1766 <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) <ul style="list-style-type: none"> ▪ Control pain and swelling ▪ Normal ROM, proprioception, strength ▪ Return to activities/ sport in 3-5 weeks
<p>Phase I (week 1)</p> <p>Goals</p> <p>Exercises (day 1-3)</p> <p>Exercises (day 3-6)</p> <p>Review of goals</p>	<ul style="list-style-type: none"> ▪ Restore full ROM ▪ Perform daily activities pain free ▪ Initiate good strength and proprioception <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 <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 <ul style="list-style-type: none"> ▪ Full ROM ▪ Pain free daily activities ▪ Good strength and proprioception ▪ Exercise in full/ pain free range ▪ Begin closed chain exercises

<p>Phase II (week 2-3)</p> <p>Exercises (days 1-4)</p> <p>Exercises (days 4- end)</p> <p>Review of goals</p>	<ul style="list-style-type: none"> ▪ 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. <ul style="list-style-type: none"> ▪ 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 <ul style="list-style-type: none"> ▪ 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 4 weeks and ROM limited to 0-90 deg. (or per MD orders), partial weight bearing weeks 5-6 and ROM limited 0-90 deg then full ROM and WBAT allowed ▪ Return to sport / activity by 3-5 weeks (per physician)