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POSTOPERATIVE REHABILITATION PROTOCOL

KNEE ARTHROSCOPY

GENERAL

Full active and passive ROM
Immediate WBAT, wean off crutches as soon as possible
May advance to next phase as tolerated

PHASE 1

Week 1

Wall slides
Prone hangs
Patellar Mobilizations
Ankle pumps
Quad Sets with straight leg raises
Hamstring Sets

PHASE 2

Week 2

Same as week 1
Toe raises/heel raises
Biking with both legs with no resistance

PHASE 3

Weeks 3-6

Same as week 2
Achilles and calf stretch
Closed chain exercises (squats, leg press)
Proprioceptive training
Plyometrics
StairMaster
Add light resistance on bike
Sport-specific training

PHASE 4

Weeks 7 and beyond

Begin light jogging, advance to running as tolerated
Terminal 1/3 knee bends
Swimming with fins
Rowing
Outdoor biking
Agility Exercises
Stairmaster
Leg curls with no hyperextension

6 WEEKS TO 3 MONTHS

Return to Sports