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## **Knee Arthroscopy**

### **Post-op Program:**

#### **POW 1-2**

1. Patellar Mobilizations
2. Cryotherapy
3. Quad sets
4. SLR's: supine
5. May use e-stim to promote quad recruitment
6. Progress ROM to full actively and passively
7. Teach gait training, emphasizing heel-toe, good quad isolation, normal knee flexion and push-off.
8. Start the following open chain exercises
  - a. Sidelying hip abduction and adduction
  - b. Sitting hip flexion
  - c. Ankle theraband
  - d. Standing hamstring curls to tolerance
9. Begin closed chain knee exercises: ENCOURAGE PROPER TECHNIQUE AT ALL TIMES.
  - a. Single leg stance: level to unlevel surfaces
  - b. Therakicks: progress resistance, speed, arc of motion
  - c. Walking forward, retro, and sidestepping
  - d. Standing calf raises, wobble board
  - e. Wall slides
  - f. Leg press
  - g. Stationary bike
10. Encourage upper extremity strengthening for overall conditioning
11. Continue modalities

## **POW 2-4**

1. Continue as above
2. Progress exercises for building strength and endurance
  - 4-6 sets of 15-20 reps
  - progress from double to single leg and concentric to eccentric
  - emphasis on closed chain activities only
    - a. leg press
    - b. squats
    - c. lunges (front/side/back)
    - d. step-ups
    - e. leg curls
    - f. hip strengthening
    - g. resisted walking
3. Exercises for balance and proprioception
  - progress from local to whole body
    - a. mini-tramp
    - b. Sport cord
    - c. Slide board
    - d. Swiss ball
4. Exercises for endurance
  - a. Bike
  - b. Stairmaster
  - c. Elliptical trainer
  - d. Treadmill walking
  - e. Aquatic exercise

## **POW 4-6**

1. Continue as above but slowly progress weight and decrease reps (8-10)
  - a. Increase load
  - b. Decrease time and increase power
2. Progress walking to a fast walk then walk/jog on treadmill
  - a. High knee march
  - b. Figure of "8"
3. Begin jumping rope.
  - a. Shuttle

## **POW 6-return to sport**

1. Progress jump roping to line jumps, then box jumps, and then distance jumps
2. Begin sport specific drills
3. Progress speed and intensity of above activities

## **Return to Athletics Criteria**

1. Satisfactory clinical exam
2. <10% isokinetic strength deficit (Leg Press)
3. Completion of sport replication activity
4. Single leg hop test

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