Standard Knee Arthroscopy Rehabilitation Protocol

Jacob Mikula MD | Orthopedic Sports Medicine

This protocol provides general guidelines for rehabilitation following standard knee arthroscopy. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-1	● Decrease pain and swelling ● Promote PRICE principles ● Initiate knee AAROM to AROM ● Minimize muscle atrophy ● **Normalize gait**	● Keep incisions clean and dry ● OK to shower with small arthroscopy portal incisions (with steri-strips or sutures) 4 days after surgery ● Limit excessive activities ● Weightbearing as tolerated (WBAT)	**General guidelines** ● Stationary Bike ● Active assisted progressing to active range of motion ● Initiate Isometrics: quad, hamstring, glute, abdominal ● Isotonic exercises: ankle, knee, hip, straight leg raises, closed kinetic chain (CKC) therapeutic exercise, begin blood flow restriction(BFR) if available ● Cryotherapy ● Objective Measures: Knee Rom, Sweep Test, SLR without extensor lag, Gait Assessment **Initial visit** ● FOTO, LEFS PRO
Weeks 2-4	● Achieve full knee ROM ● Obtain **≥80%** limb symmetry ● HHD ● Anterior Y balance **≤4 cm** difference in anterior direction; **≥90%** LSI in posterior direction ● Improve proprioception ● Resume activities of daily living	● Monitor pain and swelling before and after rehab sessions ● Minimize high impact activities ● Examine movement quality with all exercise ● **Avoid twisting, pivoting**	**General guidelines** ● Full AROM ● Advance core and lower extremity (LE) CKC exercises. ● Single plane/multi joint ● Multi plane/multi joint ● Initiate proprioception and balance training ● Progress aerobic and anaerobic **nonimpact cardiovascular exercise** ● Cryotherapy / Modalities as needed ● Objective Measures: full knee ROM, sweep test, hand held dynamometry (HHD) strength, Y Balance **Week 3-4** ● FOTO, LEFS PRO

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 4-8	● Obtain **≥90%** limb symmetry
	  ● HHD
	  ● clinical dynamometer testing
	● Single leg hop testing **≥90%** limb symmetry
	● Progressive return to all activities and sports
		● **Avoid knee joint irritation**
		● Monitor pain and swelling pre and post rehab sessions
		● Examine form and movement quality with all exercise
		● Systematic initiation of power, speed, impact and return to sport activities
			General guidelines
			● Advance Strengthening
			  ● Multi-planar
			● Initiate agility and plyometrics
			  ● Simple to complex
			  ● Single plane to multiplanar
			  ● Low load to high load
			  ● Low velocity to high velocity
			● Advance to sport specific activity
			  ● Low level to higher demand
			  ● Moderate speed to high speed
			● Maximize aerobic and anaerobic interval training
			● Cryotherapy
			● Specific Movement Assessment
			Week 6-8
			● Functional testing
			● FOTO, LEFS PRO