



Mercy Sports Medicine Institute &  
Joint Preservation Center

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## **KNEE ARTHROSCOPY**

**(Partial Meniscectomy, Plica Excision, Lateral Release, Synovectomy, Chondroplasty)**

*Revised August 2008*

### **Post-op Days 1 – 7**

TED Hose – Continue until swelling resolved  
Crutches – weight bearing as tolerate (WBAT)  
(DC when gait is normal – generally at 3-5 days)  
Patellar mobilization as needed (teach patient)  
Calf pumping  
AAROM, AROM, heel slides as tolerated  
Quad sets – Electrical stimulation as needed  
Short Arc Quads  
Straight leg raise (SLR) x 4 directions  
Mini squats 0-45 degrees in parallel bars  
Hamstring curls – Standing, without resistance  
Double leg heel raises  
Stationary bike for range of motion – Complete cycle as able  
Stretches – HS, Hip Flexors, ITB  
Ice Pack with knee elevated and in extension after exercise

### **Goals**

Pain and swelling controlled  
ROM 0-90 degrees

### **Weeks 1 – 3**

TED Hose – Continue until swelling resolved  
Continue appropriate previous exercises  
AAROM, AROM through full range  
SLR x 4 on mat – Add ankle weights when quad control is maintained  
– Progress to standing with light Theraband bilaterally  
Wall squats 0-60 degrees  
Leg press 0-60 degrees with light resistance  
Hamstring curls on weight machine with light resistance  
Forward, lateral and retro step downs in parallel bars (small step)  
Single leg heel raises  
Stationary bike – Progressive resistance and time

### **Goals**

Full ROM  
Normal gait

**Weeks 3 – 6**

Continue appropriate previous exercises with increased range and resistance

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Knee extension weight machine

Proprioceptive training – Single leg BAPS, ball toss and body blade

Fitter

Slide board

Treadmill – Walking progression program

Elliptical trainer

Pool therapy

**Goals**

Walk 2 miles at 15 min/mile pace

Stair ambulation without pain or sensation of giving way

**Weeks 6 – 10**

Continue appropriate previous exercises

Agility drills / Plyometrics

Stairmaster

Treadmill – Running progression program

Transition to home / gym program

**Goals**

Return to all activities at 3 months post-op