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## KNEE ARTHROSCOPY/LATERAL RELEASE

### GOALS:

- Quad control (ability to perform good quad sets & SLR)
- PROM 0-90°
- Full passive knee extension
- Good patellar mobility
- Minimal effusion
- Ambulation with crutches

### I. IMMEDIATE POST-OP PHASE

#### ❖ POD 1

- PRONE HANGS START IMMEDIATELY
- WEIGHTBEARING – 2 crutches as tolerated with knee immobilizer
- EXERCISES
  - Ankle pumps
  - Straight leg raises
  - Hamstring stretch
  - Passive knee extension to zero
  - SAQ sets, glut sets
- ICE AND ELEVATION – Ice 20 minutes every 2 hours and elevate with knee in extension

#### ❖ POD 2 – 4

- SURGICAL SITE CARE
- DAILY DRESSINGS
- KNEE IMMOBILIZER – Therapist progress out of the immobilizer to a normal gait pattern.
- ROM - 0° to 90° flexion (Biodex PROM 90° max)
- EXERCISES
  - Intermittent ROM exercises continued
  - Standing weight shifts & mini squats [(0-30) ROM]
  - Ankle Pumps
  - Active knee extension 90° to 0°
  - Straight leg raises (all 4 directions except Lateral Release avoids abduction)
  - Patellar mobilization
  - Hamstring curls
  - Continued quad set/glut sets
  - Good leg cycling
- ICE AND ELEVATION – Ice 20 minutes every 2 hours
- MODALITIES AS NEEDED

## ❖ **POD 5 – 7**

- **WEIGHT BEARING** – wean out of knee immobilizer
  - Progress off crutches and normalize gait pattern.
- **RANGE OF MOTION** 0°- 140° flexion
- **CLOSED CHAIN STRENGTHENING**

## **II. HEALING PHASE (WEEK 2-4)**

### **GOALS:**

Adequate quadriceps control  
Control inflammation and joint effusion  
Normal gait pattern

### **A. WEEK 2**

❖ **RANGE OF MOTION-** 0° - 140°, passive on Biodex

#### ❖ **EXERCISES:**

- Knee extension to 0°
- Hamstring curls
- Patellar mobilization
- Proprioception training
- Hamstring and calf stretching

❖ **ISOKINETICS** – submaximal strengthening (120°/sec to 180°/sec on Biodex)

### **B. WEEK 3 TO 4**

#### ❖ **EXERCISES**

- Same as Week Two
- Bicycle for ROM stimulus and endurance
- Stair machine
- Pool walking program
- Leg press (-10° to 60°)
- Nordic Track
- Calf raises

❖ **ISOKINETICS** – submaximal, pain free medium velocity ( (120°/sec to 210°/sec)

❖ **STEP-UPS** – start with 2” and gradually increase to 6” to 8”, pain free.

## **III LIGHT ACTIVITY PHASE (weeks 5 to 7)**

### **GOALS:**

FROM 0° to 140°

Early recognition of complications - Motion loss, RSD, Patellofemoral changes  
Control inflammation and effusion

➤ **TESTS** – Biodex, Isokinetic at 6 weeks for athletes if ready to return to sport.

#### ➤ **EXERCISES:**

- Continue closed chain exercises, step-ups, mini-squats, leg press
- Bicycle for endurance
- Walking program
- Mini squats 0° - 90°
- Legs press (70° to -10°)
- Pool swimming
- Water aerobics (kicking)

#### **IV. RETURN TO ACTIVITY PHASE (months 2 – 3)**

##### **GOALS:**

- Development of strength, power and endurance
- Return to functional activities
- Quad strength 80% of contralateral side (Biodex test with athletes)
- Single leg hop test < 15% difference (Athletes)

##### ❖ **TESTS** – Isokinetic

- Single leg hop test
- Sport specific training and drills

##### ❖ **EXERCISES:**

- Closed chain – lateral step-ups
- Knee extension 0° to 30°
- Hamstring curls 0° to 90°
- Sport drills and plyometric program
- Running program, jog, walk and backward run (no effusion)