KNEE ARTHROSCOPY/LATERAL RELEASE

GOALS:
Quad control (ability to perform good quad sets & SLR)
PROM 0-90º
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 - 0º to 90º flexion (Biodex PROM 90º max)
➢ EXERCISES
  ▪ Intermittent ROM exercises continued
  ▪ Standing weight shifts & mini squats [(0-30) ROM]
  ▪ Ankle Pumps
  ▪ Active knee extension 90º to 0º
  ▪ 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)