



# Sports Medicine & Shoulder Surgery

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## Knee Arthroscopy Post-Operative Guidelines

<p><b>Post-Operative Instructions</b></p>	<p><b>Summary</b></p> <ul style="list-style-type: none"> <li>▪ Medications</li> <li>▪ Dressing</li> <li>▪ Showering</li> <li>▪ Cryocuff</li> <li>▪ Weight Bearing</li> <li>▪ Activities</li> </ul> <p><b>Exercise</b></p> <ul style="list-style-type: none"> <li>▪ <b>ROM:</b> Keep knee extended with leg on pillow under calf and ankle for 10-15 min/ 4-6 x day (not under knee)</li> <li>▪ <b>Strength:</b> Quad sets (5-10/ hr.) / SLR (5/ hr.)</li> </ul> <p><b>Complications</b></p> <ul style="list-style-type: none"> <li>▪ Contact us if have severe pain not relieved with pain meds.</li> <li>▪ If you have a temp over 101.5, redness or swelling in your thigh or calf, call immediately day or night at (617) 667-3940</li> </ul> <p><b>Day 1 Post-Op Goals</b></p> <ul style="list-style-type: none"> <li>▪ Control pain and swelling</li> <li>▪ Normal extension day 1</li> <li>▪ Normal ambulation /FWB in 24 hrs. per physician ( must be without limp, or stay on crutches)</li> </ul> <p><b>General Rehab Goals</b></p> <ul style="list-style-type: none"> <li>▪ Control pain and swelling</li> <li>▪ Normal ROM, proprioception, strength</li> <li>▪ Return to activities/ sport in 3-5 weeks</li> </ul>
<p><b>Phase I (week 1)</b></p>	<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>▪ Restore full ROM</li> <li>▪ Perform daily activities pain free</li> <li>▪ Initiate good strength and proprioception</li> </ul> <p><b>Exercises (day 1-3)</b></p> <ul style="list-style-type: none"> <li>▪ <b>ROM:</b> AROM &amp; PROM in supine and sitting as tolerated (90-100 deg.)</li> <li>▪ <b>Strength:</b> Standing TBx4 (continue with SLR and quad sets) /TKE with T-band 2 x 15 (1-2 x day)</li> <li>▪ <b>Proprioception:</b> Balance on floor with one foot 2 x 20 sec. (2 x day)</li> <li>▪ <b>Treatment:</b> Ice with elevation 15-20 min. with ankle pumps</li> </ul>



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	<p><b>Exercises (day 3-6)</b></p> <ul style="list-style-type: none"> <li>▪ <b>ROM:</b> AROM, PROM (100- full)</li> <li>▪ <b>Strength:</b> add/ standing calf raises (both) 2 x 12/</li> <li>▪ <b>Proprioception:</b> Balance on floor, one foot 2 x 60 sec.</li> <li>▪ <b>Treatment:</b> Ice with elevation 15-20 min. with ankle pumps</li> </ul>
<p><b>Phase II</b> (week 2-3)</p>	<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>▪ Exercise in full/ pain free range</li> <li>▪ Begin closed chain exercises</li> <li>▪ Good strength and proprioception</li> <li>▪ Return to activities per physician</li> </ul> <p><b>Exercises (days 1-4)</b></p> <ul style="list-style-type: none"> <li>▪ <b>ROM-</b> passive, heel slides (maintain)</li> <li>▪ <b>Strength-</b> (add) short arc quads 2 x 10 (wt. As tolerates)/ double leg mini squats 2x 20/ Step ups- forward and lateral 2 x 12</li> <li>▪ <b>Proprioception-</b> Balance on floor, one leg 3 x 45 sec.</li> <li>▪ <b>Treatment-</b> Ice 15- 20 min.</li> </ul> <p><b>Exercises (days 4- end)</b></p> <ul style="list-style-type: none"> <li>▪ <b>ROM-</b> (maintain)</li> <li>▪ <b>Strength-</b> (add) various double leg mini-squats (stagger, ballet) 2 x 20/ Step ups- forward and lateral 3 x 15</li> <li>▪ <b>(Advanced)-</b> single leg mini squats, and double leg mini squats on uneven surface (per ATC, PT)</li> <li>▪ <b>Proprioception-</b> Balance on floor, one leg 3 x 1 min.</li> <li>▪ <b>(Advanced)-</b> Balance on uneven surface, jump and balance on one foot (per ATC, PT)</li> <li>▪ <b>Treatment-</b> As needed</li> </ul>
<p><b>Restrictions</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Synovitis:</b> crutches 3-4 days, progress slower as symptoms allow</li> <li>▪ <b>Meniscal repair:</b> weight bearing in full extension for 6 weeks and ROM limited to 0-90 degrees</li> <li>▪ <b>Return to sport / activity</b> by 3-5 weeks (per physician)</li> </ul>