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## **POST-OPERATIVE PROTOCOL FOR KNEE ARTHROSCOPY**

### **DAY 1 - OUTPATIENT SURGICAL PROCEDURES**

- Crutches: Weight may be placed on the operated leg as tolerated, with crutch support, unless otherwise instructed.
- Exercises: Quad sets. Straight leg raises- 4 sets of 10 the night of surgery. Knee motion- move the knee within the range permitted by the dressing.
- Bleeding: Do not be alarmed if bloodstains are present on the dressing.
- Swelling: Elevate the knee above the level of your heart after exercises and as much as possible following surgery.
- Ice: Ice may be used the night of surgery.

### **WEEK 1**

- Physical Therapy Appointment: Schedule for postop day #2-3. Your dressing may be removed/changed and your rehab will begin. Focus will be on regaining knee ROM and quad control
- Exercises:
  1. Range of motion (ROM)- work to achieve full range of motion.
  2. Straight Leg Raises (SLR's) 4 sets of 10 repetitions 3 to 4 times per day. May use 1 to 2 pounds on ankle.
  3. Quad extensions/hamstring curls- begin under direction of physical therapist.
  4. Ice application to knee- 3 to 4 times daily for 20 minutes.
- Arthroscopy Portals- Ok to shower 48 hours after surgery, keep incisions covered and dry. Sutures will be removed in the office at the first post-op visit. Do not use antibiotic ointments on incisions.
- Crutches- Use if needed for balance, otherwise you may discontinue use when comfortable, unless otherwise instructed.

## **WEEK 2**

- Office Appointment: Should be scheduled 10-14 days after surgery. Check progression with exercises, check wounds, and remove sutures.
- Exercises:
  1. Advance ROM exercises- Quad extensions, hamstring curls, SLR's- use up to 10 pounds resistance. 4-6 sets of 10 repetitions 3 to 4 times daily.
  2. Exercise Bike- Low resistance, 20-25 minutes per day.
  3. May advance weight and exercise bike resistance as tolerated over next 2 week, always emphasizing good form, high.
  4. Ice applications to knee- as needed for swelling, and after each exercise session.

## **WEEK 3**

- Exercises: Advance exercises up to 20-25 pounds, emphasizing good form, high repetitions.

## **WEEKS 6-8**

- 2<sup>nd</sup> office appointment
- Usually released to full activities.
- Continue 3 times per week exercise program.