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## Knee Arthroscopy with Subchondroplasty Protocol

| Phase/ Goals  | Immobilization  | ROM   | Therapeutic Exercises  |
|---|---|---|--|
| <b>Phase 1 (0-2 weeks)</b><br><br>Goals: <ul style="list-style-type: none"><li>● Decrease pain and effusion</li><li>● Eliminate extensor lag</li><li>● Normal gait mechanics</li><li>● Improve ROM</li><li>● Eliminate buckling of knee</li></ul> | hinged knee brace 0-90 x 2 weeks<br><br>50% partial weightbearing with crutches x 2 weeks | <ul style="list-style-type: none"><li>● Passive ROM as tolerated with PT</li><li>● Passive and active ROM with PT, 0-90 in brace</li></ul> Modalities: <ul style="list-style-type: none"><li>● NMES if unable to perform SLR without lag</li><li>● Cryotherapy/compression</li><li>● Ultrasound</li></ul> | <ul style="list-style-type: none"><li>● Quad sets</li><li>● SLR with assist until no lag</li><li>● Isometric sidelying abduction</li><li>● Isometric hamstring sets</li><li>● Ankle pumps</li></ul> After knee immobilizer removed <ul style="list-style-type: none"><li>● Bridging with ball squeeze</li><li>● Isometric clamshells</li><li>● Knee extensions 10 degrees to 0</li></ul> |
| <b>Phase 2 (2-6 weeks)</b><br><br>Goals: <ul style="list-style-type: none"><li>● No effusion</li><li>● Improve strength and endurance</li><li>● Wean from brace</li><li>● Progress to full active and passive ROM</li></ul>                       | Wean from brace weeks 3 and 4   | <ul style="list-style-type: none"><li>● Begin full A/ PROM as tolerated</li><li>● PROM beyond 120</li></ul> Modalities: <ul style="list-style-type: none"><li>● Patellar mobs</li><li>● Manual assist extension/passive stretch</li><li>● Edema control</li></ul>   | <ul style="list-style-type: none"><li>● Bike for ROM</li><li>● Leg press (bilateral, single, leg press with ball)</li><li>● Squats</li><li>● Progress to lunge</li><li>● Forward and Lateral step-ups</li><li>● Standing hip flexion, abduction, extension</li><li>● Wobble board/Dyna-disc/Bosu balance</li><li>● Dynamic proprioception beginning 6 weeks (agility, hopping)</li></ul> |
| <b>Phase 3 (7+weeks)</b><br><br>Goals:  |   | <ul style="list-style-type: none"><li>● Full A/PROM</li></ul>   | <ul style="list-style-type: none"><li>● Bike, elliptical, stair master</li><li>● Can running progression</li><li>● Plyometrics: box jump up, even ground jumps, even ground hops, drop jumps, drop hops, depth jumps</li></ul>   |

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|---|--------------|---|--|
| <ul style="list-style-type: none"><li>• Return to strength training</li><li>• Improve muscular power and endurance</li><li>• Return to full athletic activities</li></ul> | Maintain ROM | Manual: <ul style="list-style-type: none"><li>• Joint mobs PRN for full flex and ext ROM</li></ul> Modalities: <ul style="list-style-type: none"><li>• Ice/stim PRN</li></ul> | <ul style="list-style-type: none"><li>• Power movements: power clean, snatch, med ball slam variations, push press, banded jumps</li></ul> |
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