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Knee Arthroscopy

PHASE 1: Immediate Postoperative (Days 0–5)

Goals:

- Control pain and swelling
- Restore knee extension
- Initiate quadriceps activation

Interventions:

- Ice and elevation (20 min every 2 hrs)
- Compression (e.g. ACE wrap or knee sleeve)
- Crutches only if needed (usually for 1–3 days)
- Range of Motion (ROM):
 - Heel slides, wall slides
 - Patellar mobilizations
- Exercises:
 - Quadriceps sets
 - Straight leg raises
 - Ankle pumps

PHASE 2: Early Strengthening (Days 5–14)

Goals:

- Full weight-bearing

- Near-full ROM
- Reduce swelling
- Begin strength training

Interventions:

- Wean off crutches if walking without limp
- Stationary bike (if ROM allows)
- Mini-squats to $\sim 45^\circ$
- Step-ups
- Terminal knee extensions
- Continue quad sets and SLRs with resistance

PHASE 3: Advanced Strengthening (Weeks 2–6)

Goals:

- Full ROM
- Improve strength and proprioception
- Normalize gait and balance

Interventions:

- Leg press (light resistance, $<90^\circ$ flexion)
- Hamstring curls
- Balance work (single-leg stance, wobble board)
- Core and hip strengthening
- Treadmill walking or elliptical

PHASE 4: Return to Activity (Weeks 6–10)

Goals:

- Return to full activity
- Prevent reinjury
- Resume light sports drills (if appropriate)

Interventions:

- Sport-specific drills (e.g. running, agility)
- Plyometric training if needed
- Continued strength and flexibility program
- Final assessment of functional movement

Return to Sport/Work

- Desk job: 2–5 days
- Manual labor: 2–4 weeks
- Running: ~4–6 weeks
- Cutting/pivoting sports: 6–8+ weeks (surgeon clearance needed)