

			Knee Arthroscopy
Name:		DOB:	
Dr:	Emily Whicker, M.D.	Date:	

ROM RESTRICTIONS

Full range of motion

BRACE SETTINGS

None

Weight Bearing status

Weightbearing as tolerated

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

Emily Whicker, M.D.					- 4								
●= Do exercise for that week	Week												
Initial Exercises		2	3	4	5	6	7	8	9	10	11	13	17
Patella/Tendon Mobilizations		•	•	•	•	•							
Flexion/Extension – Seated/Wall Slide		•	•	•	•	•							
Extension Heel Prop		•	•	•	•	•							
Quad Series (E-Stim, BFR)	•	•	•	•	•	•							
Hamstring Set	•	•											
Calf Stretch with Strap	•	•											
Ankle pumps	•	•											
Toe and Heel Raises	•	•											
Weight Shifts & Crutch Walking	•	•											
Single Leg Balance	•	•	•	•	•	•							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	11	13	17
Stationary Bike	•	•	•	•	•	•	•	•	•	•	•	•	•
Aqua Jogging		1		•	•	•	•	•	•	•	•	•	•
Treadmill – Walking	1			•	•	•	•	•	•	•	•	•	•
Swimming with Fins	+			•	•	•	•	•	•	•	•	•	•
Elliptical/Rowing		1				•	•	•	•	•	•	•	•
Weight Bearing Strength		2	3	4	5	6	7	8	9	10	11	13	17
Leg Press – Double Leg	\top		•	•	•	•	•	•					
Squats – Double Leg			•	•	•	•	•	•					
Deadlifts – Double Leg			•	•	•	•	•	•					
Heel Raises – Double Leg			•	•	•	•	•	•					
Standing Hamstring Curl			•	•	•	•	•	•					
Band Walking			•	•	•	•	•	•					
Isometric Wall Sit @ 90,60,45°			•	•	•	•	•	•					
Bridging – Double Leg			•	•	•	•	•	•					
Leg Press – Single Leg					•	•	•	•	•	•			
Reverse Lunge Static Hold					•	•	•	•	•	•			
Deadlift – Single Leg					•	•	•	•	•	•			
Ball & Single Leg Bridging					•	•	•	•	•	•			
Rear Leg Elevated Split Squat							•	•	•	•	•		
Lunges – Walking & Slide Disc							•	•	•	•	•		
Front Step Up							•	•	•	•	•		
Heel Raises – Single Leg							•	•	•	•	•		
Side Planks							•	•	•	•	•		
Sliding Leg Curl – Double Leg							•	•	•	•	•		
Advanced Balance Training		1					•	•	•	•	•	•	•
Squat – Single Leg		1							•	•	•	•	•
Front Step Down		1							•	•	•	•	•
Single Leg Box Drives		1							•	•	•	•	•
Single Leg Squat Y Excursions		1									•	•	•
Sliding Leg Curl – Single Leg		1									•	•	•
Nordic Hamstring Curls		1									•	•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	11	13	17
	Vertical Squat Jump – Double Leg										•	•	•	•
	Horizontal Broad Jump – Double Leg										•	•	•	•
Recommended	Lateral Jump – Double Leg										•	•	•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double													
& Running	Leg to Single Leg Land												•	
Doin + 2/10	Jump Lunges												•	•
Pain <u><</u> 2/10	Box Drop – Double Leg												•	•
Full Active Knee	Continuous Broad Jumping – Double Leg												•	•
Extension	Vertical/Broad Jumps – Single Leg to													
Knee flexion ROM	Single Leg Land													Ľ
≥ 95% of	Lateral Skater Hops – Single Leg													•
Uninvolved Side	Box Drop – Single Leg													•
Quad LSI <u>></u> 70%	Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)													•
HS LSI <u>></u> 70%	Box Drop Jumps – Double Leg													•
Quad/BW ≥ 60%	Box Drop Jumps – Single Leg													•
_	Return to Running	1	2	3	4	5	6	7	8	9	10	11	13	17
Functional Hop & Power Tests	Walk/Jog Program										•	•	•	•
LSI <u>></u> 70%	Running Progression												•	•
II/DO 040/	Sprinting Progression													•
IKDC ≥ 64%	Agility	1	2	3	4	5	6	7	8	9	10	11	13	17
	Quick Taps on Step										•	•	•	•
Recommended	Standing Mountain Climbers at Wall										•	•	•	•
Criteria to Initiate	Shuffling & Grapevine										•	•	•	•
Return to Sport	Back Pedaling												•	•
Quad LSI <u>></u> 90%	Agility Ladder Drills												•	•
HS LSI <u>></u> 100%	Single Leg Hopping (Clock, Square)												•	•
HS/QS ≥ 60%	Skipping/Bounding													•
	Deceleration Drills													•
Quad/BW Female: > 80%	Cone Drills													•
Male: ≥ 85%	Sport Specific Drills													•
	Return to Sport	1	2	3	4	5	6	7	8	9	10	11	13	17
Functional Hop & Power Tests	Golf – Putt	•	•	•	•	•	•	•	•	•	•	•	•	•
LSI <u>></u> 90%	Chip			•	•	•	•	•	•	•	•	•	•	•
V Polones	Irons					•	•	•	•	•	•	•	•	•
Y-Balance Anterior Reach	Drivers							•	•	•	•	•	•	•
Distance ≤ 4 cm	Play a Round								•	•	•	•	•	•
IKDC - 000/	Hiking – Easy										•	•	•	•
IKDC ≥ 90%	Hiking – Moderate												•	•
ACL-RSI <u>></u> 60%	Hiking – Difficult													•
	Backpacking													•
	Road Biking – Flat										•	•	•	•
	Road Biking – Hills												•	•
	Gravel Biking													•
	Mountain Biking – Cross Country												•	•
	Mountain Biking – Downhill													•
	Snowshoeing, Nordic Skiing – Classic												•	•
	Nordic Skiing – Skate													•
	Alpine Skiing, Snowboarding,													
	Basketball, Tennis, Football, Soccer													