

Knee Arthroscopy



Name: _____

Date: _____

● = Do exercise for that week

Week

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises			●	●	●	●	●	●						
Balance series			●	●	●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance	●	●	●	●	●	●	●	●	●					
Bike with both legs - resistance				●	●	●	●	●	●	●	●	●	●	●
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill – walking 7% incline				●	●	●	●	●	●	●	●	●	●	●
Swimming with fins				●	●	●	●	●	●	●	●	●	●	●
Elliptical trainer					●	●	●	●	●	●	●	●	●	●
Rowing					●	●	●	●	●	●	●	●	●	●
Stair stepper					●	●	●	●	●	●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends				●	●	●	●	●	●	●	●	●	●	●
Double leg bridges				●	●	●	●	●	●	●				
Reverse lunge – static hold				●	●	●	●	●	●	●				
Beginning cord exercises				●	●	●	●	●	●	●	●			
Balance squats						●	●	●	●	●	●	●	●	●
Single leg deadlift						●	●	●	●	●	●	●	●	●
Leg press						●	●	●	●	●	●	●	●	●
Sports Test exercises						●	●	●	●	●	●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression						●	●	●	●	●	●	●	●	●
Initial – single plane						●	●	●	●	●	●	●	●	●
Advance – multi directional								●	●	●	●	●	●	●
Functional sports test								●	●	●	●	●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf progression				●	●	●	●	●	●	●	●	●	●	●
Outdoor biking, hiking, snowshoeing								●	●	●	●	●	●	●
Skiing, basketball, tennis, football, soccer								●	●	●	●	●	●	●

ROM RESTRICTIONS

Full passive motion

BRACE SETTINGS

None

Weight Bearing status

WBAT

TIME LINES

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