

Knee Arthroscopy/Medial Reefing/Chondroplasty



Name: _____
 Dr: Benjamin Petre, M.D.

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													●	●
Outdoor biking, hiking, snowshoeing												●	●	●
Skiing, basketball, tennis, football, soccer													●	●

ROM RESTRICTIONS

PROM 0°-90°
 X 2wks, then full PROM

*Gentle sup-inf patellar mobs, hold med/lat patellar mobs x 2 wks. *

BRACE SETTINGS

0-0 x 2 weeks

Patella Stabilizer weeks 2-8 and for sports

Weight Bearing status
 TTWB x 2 weeks

WBAT in brace weeks 2-4

Then WBAT

TIME LINES

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