

Arthroscopy Protocol

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ARTHROSCOPY PROTOCOL

This includes diagnostic arthroscopy, partial menisectomy, debridement and chondroplasty

2 Days post op

-Remove dressing, clean wounds and put band aids on portals

Exercises

- Quad sets
- Straight leg raises. **If they have an extensor lag, start with side lying terminal knee extension until they don't have an extensor lag**
- Hip isotonic
- Hamstring sets
- Range of motion exercises
 - Sitting pendular
 - Range of motion

Weight bearing – to tolerance. Encourage use of crutches until they are able to walk with minimal compensation and minimal pain.

Modalities may be used for pain and swelling reduction

2 Days – 1 Week post-op

Continue with use of band aids over the portals until they no longer are draining
May shower when the portals are healed.

Exercises

- Standing terminal knee extension, hip abduction, adduction and extension using theraband for resistance
- Bike when range of motion appropriate
- Range of motion exercises
 - Seated pendular exercises
 - Seated ROM
 - Do not force the flexion if the knee is still quite swollen and the portals draining.
- Strengthening exercises as indicated by swelling and pain

Arthroscopy Protocol

Weight bearing – full as tolerated. Discontinue the crutches when they can walk with minimal compensation and pain. **USE OF THE CRUTCHES MAY BE EXTENDED WITH PARTIAL WEIGHT BEARING THROUGH THE FIRST 4 WEEKS IF AN ABRASION ARTHROPLASTY WAS DONE.**

May use modalities as needed for pain and swelling control

1-3 weeks

Exercises

- Standing terminal knee extension, hip abduction, adduction and extension using theraband for resistance

-4-way hip

-Bike, elliptical, arc trainer as appropriate based on pain and swelling

-Controlled closed chain exercises –watch out of increased pain and swelling

-Leg press, hip abduction, adduction and ham curls with resistance

-Full Range of motion

Weight bearing status – Full except for instance of abrasion arthroplasty. Weight bearing status will be directed by the Physician based on the extent of the damage done.

4 Weeks

Exercises

-Strengthening program as indicated by status

--Closed chain activities

--Open chain activities

-Functional activities –base on need of patient

--Ladder drills

--Plyometrics

--Agility

-Sports specific training.