

**Scott Adrian, M.D.**  
*Advanced Orthopaedic Associates*

2778 N. Webb Rd.  
Wichita, KS 67226

316-631-1600  
Fax: (316) 631-1671  
1 (800) 362-0591



## **Diagnostic Arthroscopy, Chondroplasty, or Synovectomy (Plica, Fat Pad, etc.) Rehabilitation Protocol**

### **2 days post-op**

Remove dressings, clean wounds, dress with bandaids  
ROM exercise  
Hip isotonic  
Quad Sets  
Ham Sets  
SLR  
Crutch training  
Modalities for swelling and pain

### **2 days – 1 week**

Continue modalities for swelling and pain  
Stationary bike  
Progress to full weight bearing, start with one crutch  
ROM (0 – 120)  
Continue strengthening ex

### **1 – 3 weeks**

Full weight bearing  
Decrease modalities as needed  
Closed kinetic strengthening ex, high reps, low weight  
Eccentric strengthening

### **4 weeks**

Work toward full function  
Normal strengthening  
Work in to sport specific training if symptom free, good strength, no swelling