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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 isotonics
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