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REHABILITATION AFTER ARTHROSCOPIC KNEE SURGERY

This protocol is a guideline for your **rehabilitation after arthroscopic knee surgery**. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call Dr. Nelson's office or your physical therapist if you are having a problem with your knee or need clarification of the exercises.

Guidelines and Activities:

1. The **novocaine** that is put in your knee at the time of surgery lasts six to eight hours. Begin taking the pain medication when you start feeling sensation return. The knee will be painful for several days after the arthroscopy.
2. You can bear full weight and **walk** on the leg unless otherwise instructed by Dr. Nelson. In some instances, crutches can be used for a period of time if walking is uncomfortable.
3. Gently **move** the knee (flexion and extension) as much as you can to prevent stiffness.
4. Apply **cold** to reduce pain and swelling. Use ice on the knee 20 minutes/on and 20 minutes/off for the first day when awake. Then apply cold as often as needed for 15 to 20 minutes at a time for the next several days. Place a towel or cloth between the skin and the ice to prevent skin injury.
5. You may **shower** and get your incision wet. Do not soak the incision in a bathtub or Jacuzzi until the stitches have been removed.
6. Take an **aspirin** each morning for 14 days unless there is a medical contraindication to do so (such as a history of ulcers or aspirin allergy), or you are taking other blood thinners.
7. You can elect to wear an **elastic stocking** (TED) below the knee to prevent leg swelling, and do at least 10 ankle pump exercises each hour to control swelling and to help prevent phlebitis (blood clots in the veins).

OFFICE VISIT

Please return to Dr. Nelson's office approximately **10-14 days** after your surgery. At this time, your progress will be checked.

Ryan Nelson Knee Arthroscopy PT Protocol

Diagnosis:

Procedure date:

S/P:

WEEK

MONTH

1

2

3

4

5

6

7

8

9

10

3

4

5

6

PHASE 1 EXERCISES

Extension/Flexion sitting prone

Quad sets with straight Leg Raises

Hamstring sets

Patella Mobs/Quad patellar Tendor

Wall slides

Toe and Heel Raises

MUSCLE STRETCHES

Sit and Reach for Hamstrings

Lying Rectus

Stork Stand for Quadriceps

Runners stretch for calf and achille

CARDIOVASCULAR EXERCISES

Bike with Both Legs

Aquajogging

Swimming

Eliptical trainer

Rowing

Stair Stepper

Treadmill

PHASE 2 SPORT CORD EXERCISES

Double Knee Bends (Knee not over foot)

Carpet Drags

Forward Backward Jogging

Side to side agilities

PHASE 3 WEIGHTS

Leg press down to 90 degrees

Leg Curls

Ab/Adduction

Balance squats

Knee Extension Pain free Arc

NO LUNGES

PHASE 4 HIGH LEVEL EXERCISES

Biking Outdoors

Rollerblading

Running

Skiing, basketball, tennis, football, soccer

Golf

Agility Exercises

Trail Riding

Additional Instructions:

Ryan Nelson D.O.

Date