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KNEE ARTHROSCOPY PROTOCOL

GENERAL

Full passive ROM

WEEK 1

Wall slides
Prone hangs
Patellar Mobilizations
Ankle pumps
Quad Sets with straight leg raises
Hamstring Sets

WEEK 2

Same as week 1
Toe raises/heel raises
Biking with both legs with no resistance

WEEK 3

Same as week 2
Achilles and calf stretch

WEEK 7

Treadmill 7% walk
Terminal 1/3 knee bends
Swimming with fins
Add light resistance on bike
Begin VMO strengthening

WEEK 10

Rowing
Forward and backward jogging
Outdoor biking
Agility Exercises
Stairmaster
Leg curls with no hyperextension

3 MONTHS

Return to Sports