



Knee Arthroscopy with Bone Grafting of Tunnels and Hardware removal

0-4 weeks post op

- Partial weight bearing (50%) x 4 weeks post-op
- Wear Brace unlocked with ROM 0-90 until 4-6 weeks post-op (if patient is struggling with regaining flexion the brace may be open to full ROM at week 4)

4-6 weeks post op

- Full weight bearing in brace unlocked 0-110 degrees
- Pain/edema control, patella mobilizations if necessary
- Modalities as needed
- Quad Sets/Hamstring co-contractions at multiple angles 13x10 2-3x's daily
- SLR until quad can maintain knee locked
- Obtain full extension if lacking
- Obtain full flexion

6-8 weeks post op

- DC brace
- Gait training (heel/toe gait)
- Stationary Bike with seat high
- Leg extensions, use high volume and light weight
- Leg curls, use high volume and light weight

8-10 weeks post op

- Leg press with 50% of body weight max
- No pivoting, twisting, hopping, jumping, running
- Encourage full ROM as tolerated
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Be aware of PF signs and symptoms and manage accordingly

10-12 weeks post op

- Treadmill forward and retro walking
- Single leg Stands for proprioception
- Cardiovascular Equipment of choice
- Increase progressive resistance exercises for strength, high intensity low volume; full ROM