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Knee Arthroscopy Protocol

Milestones:

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|--------------------------|----------|
| • Crutches | PRN |
| • Single leg squats | 3 weeks |
| • Straight ahead jogging | 4 weeks |
| • 2 leg jumping | 4 weeks |
| • 1 leg jumping | 6 weeks |
| • Agility/ MP movements | 6 weeks |
| • Return to sport | 3 months |

PHASE I (wk 0-2) MOTION & QUAD CONTROL

Week 0-1

- Wall slides
- Extension/flexion – sitting
- Patellar mobilizations/quad and patellar tendon mobilization
- Long sit calf/hamstring stretch
- Quad sets
- Ham sets
- SLR w/ quad set – 4 positions

Week 1-2

- Same as above
- Heel raises
- Stationary bike
- Swim Ex
 - Gait – fwd/bwd, side/side
 - Soldier/scissor
- Trunk

PHASE II (wk 2-4) 2-LEG CLOSED CHAIN

Week 2-3

- Same as above
- Shuttle
- Swim Ex
 - Deep well cycling

Week 3-4

- Same as above
- Mini squat (2-leg closed chain)
- Single leg press (shuttle)

PHASE III (wk 3 - 4) 1-LEG CLOSED CHAIN

Week 3 - 4

- Same as above
- Single leg squat (1-leg closed chain)
- Step ups
- Lunge
- Sport cord squat
- EFX

PHASE IV (wk 4 - 8) MULTI-PLANAR MOVEMENT

Week 4 - 8

- Outdoor biking
- Straight ahead jogging
- Multi-planar lunge
- Tubing side steps

6 weeks

- Sagittal and frontal plane low impact agility
- Stair stepper
- Weights
- 2-legged hops

PHASE V (wk 6 - 12) AGILITY PROGRAM

6 – 12 weeks

- 1-legged hops
- Multi-planar agility