

## Arthroscopic Chondroplasty Rehabilitation Program

### I. PHASE I: MAXIMUM PROTECTION PHASE (Weeks 1-4)

- Goals:**
- Reduce inflammation/effusion
  - Allow early healing
  - Full passive knee extension
  - Gradually increase knee flexion
  - Restore quadriceps voluntary activation

#### **Stage 1: Immediate post-surgery days 1 through 10**

- Ice, compression, elevation
- Compression wrap dressing
  - Crutches as needed (usually 2 crutches for 7-10 days)
- ROM (passive 0-90) to tolerance
- Patellar mobilizations
- Stretch hamstrings, calf, hip flexors
- Strengthening exercises (electrical stimulation to quads):
  - Quad sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee extension 90-40 degrees
- Mini Squats 0-50/60 degrees
- Avoid active resisted knee flexion
  - Perform knee PROM exercises – 6-8 times per day

#### **Stage 2: Weeks 2 through 4**

- Discontinue crutches when able
- Continue use of ice and compression
- Continue compression wrap
- ROM guidelines
  - Gradually increase PROM as tolerated
  - Week 2: 0-125 degrees
  - Week 3: 0-135 degrees
  - Week 4: 0-145 degrees
- \*Discontinue crutches when safe and proper gait (usually during week 2)
- Continue PROM exercises and stretching
- Strengthening exercises (see attached sheet Phase I exercises)
  - SLR (all 4 planes)
  - Knee extension 90-0 degrees
  - CKC mini-squats 0-45 degrees
  - CKC wall squats 0-60 degrees
  - Initiate CKC exercises
    - Lateral and front step overs
    - Lateral lunges
    - Step downs (lateral)
      - Step downs (front)
- Bicycle
- Pool exercises (once incision is closed)
- Knee PROM exercises to promote healing

**II. PHASE II: INTERMEDIATE PHASE (Weeks 4-6)**

**Goals:** Full PROM  
Minimal to no swelling/inflammation  
Restore quadriceps strength  
Gradually increase functional activities

- Continue use of ice and compression as needed
  - Continue ROM and stretching to maintain 0-135 degrees
  - Progress strengthening exercises
    - Leg press 70-0 degrees
    - Knee extension 90-40 degrees
    - Hip Abd/Adduction
    - Wall squats 0-70 degrees
    - Vertical squats 0-60 degrees
    - Lateral step-ups
    - Front and lateral lunges
    - Hamstring curls
  - Balance/proprioception training
    - Biodex stability
    - Squats rocker board
    - Cup walking (step overs)
    - Standing on foam single leg
  - Bicycle (if ROM permits)
  - Pool program (may begin running in pool)
    - Elliptical
- \* May be able to begin running if cleared by physician or medical team

**III. PHASE III: ADVANCED ACTIVITY PHASE (Weeks 6-8)**

**Goals:** Improve strength and endurance  
Maintain full ROM  
Gradually increase applied stress

**Week 6**

- Continue all strengthening exercises listed above (Phase II and III activities) see attached sheet
- May initiate stair stepper if appropriate
  - Treadmill walking program

**Week 7**

- Continue strengthening and stretching program

**IV. PHASE IV: RETURN TO ACTIVITY PHASE (Week 8 to 12 )**

**Goals:** Improve strength and endurance  
Prepare for unrestricted activities

**Criteria to progress to Phase IV**

- Full non-painful ROM

- No pain or tenderness
- Satisfactory clinical exam
  - Satisfactory isokinetic test

### **Exercises**

- Continue and progress all strengthening exercises and stretching drills
- Deep squatting permitted at 4 months
- Initiate straight line running: weeks 10-12
- Initiate pivoting and cutting: weeks 14-16
- Initiate agility training: 5 months
  - Gradually return to sports: 6 months