



Post-Operative Rehabilitation Guidelines: Knee Arthroscopy and Lysis of Adhesions

Phase I: Weeks 1-2

1. **Weight bearing** as tolerated without assist by 48 hours post-op.
2. **ROM Goals:** aggressive passive, active and resisted ROM as tolerated
 - a. Full extension and 130° of flexion **as soon as possible**
3. Patellar mobilization daily
4. **Strengthening:** quad sets, SLRs, heel slides, etc.
 - a. No restrictions to ankle/hip strengthening.
5. Stretching

Phase II: Weeks 2-6

1. **ROM Goals:** Continue with daily ROM exercises, increasing ROM as tolerated
2. **Strengthening:** Increase closed chain activities to full motion arc, add pulley weights/therabands, etc.
 - a. **Progress to:** wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening
 - b. Monitor for anterior knee pain symptoms.
3. **Continue** stationary bike and biking outdoors for ROM, strengthening, and cardio
4. Stretching

Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.