GALLAND/KIRBY KNEE ARTHROSCOPY
(Partial Meniscectomy, Plica Excision, Lateral Release, Synovectomy, Chondroplasty)
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 7

- TED Hose – Continue until swelling resolved
- Crutches – weight bearing as tolerate (WBAT)
- (DC when gait is normal – generally at 3-5 days)
- Patellar mobilization as needed (teach patient)
- Calf pumping
- AAROM, AROM, heel slides as tolerated
- Quad sets – Electrical stimulation as needed
- Short Arc Quads
- Straight leg raise (SLR) x 4 directions
- Mini squats 0-45 degrees in parallel bars
- Hamstring curls – Standing, without resistance
- Double leg heel raises
- Stationary bike for range of motion – Complete cycle as able
- Stretches – HS, Hip Flexors, ITB
- Ice Pack with knee elevated and in extension after exercise

GOALS

- Pain and swelling controlled
- ROM 0-90 degrees

Weeks 1 - 3

- TED Hose – Continue until swelling resolved
- Continue appropriate previous exercises
- AAROM, AROM through full range
- SLR x 4 on mat – Add ankle weights when quad control is maintained
  - Progress to standing with light Theraband bilaterally
- Wall squats 0-60 degrees
- Leg press 0-60 degrees with light resistance
• Hamstring curls on weight machine with light resistance
• Forward, lateral and retro step downs in parallel bars (small step)
• Single leg heel raises
• Stationary bike – Progressive resistance and time

GOALS
• Full ROM
• Normal gait

WEEKS 3 - 6
• Continue appropriate previous exercises with increased range and resistance
• Forward, lateral and retro step downs (medium to large step)
• Hip weight machine x 4 bilaterally
• Knee extension weight machine
• Proprioceptive training – Single leg BAPS, ball toss and body blade
• Fitter
• Slide board
• Treadmill – Walking progression program
• Elliptical trainer
• Pool therapy

GOALS
• Walk 2 miles at 15 min/mile pace
• Stair ambulation without pain or sensation of giving way

WEEKS 6 - 10
• Continue appropriate previous exercises
• Agility drills / Plyometrics
• Stairmaster
• Treadmill – Running progression program
• Transition to home / gym program

GOAL
• Return to all activities
KNEE POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position 15 minutes 2-3 x per day