UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | SPORTS MEDICINE INSTITUTE

Knee Arthroscopy

Name: _____ DOB: _____

Dr: Michael G. Rizzo, M.D. Date: _____

ROM RESTRICTIONS

Full range of motion

BRACE SETTINGS

None

Weight Bearing status

Weightbearing as tolerated

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD)
Week 2(8-14 POD)
Week 3(15-21POD)
Week 4(22-28POD)

●= Do exercise for that week

	Week												
Initial Exercises	1	2	3	4	5	6	7	8	9	10	11	13	17
Patella/Tendon Mobilizations	●	●	●	●	●	●							
Flexion/Extension – Seated/Wall Slide	●	●	●	●	●	●							
Extension Heel Prop	●	●	●	●	●	●							
Quad Series (E-Stim, BFR)	●	●	●	●	●	●							
Hamstring Set	●	●											
Calf Stretch with Strap	●	●											
Ankle pumps	●	●											
Toe and Heel Raises	●	●											
Weight Shifts & Crutch Walking	●	●											
Single Leg Balance	●	●	●	●	●	●							
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	11	13	17
Stationary Bike	●	●	●	●	●	●	●	●	●	●	●	●	●
Aqua Jogging				●	●	●	●	●	●	●	●	●	●
Treadmill – Walking				●	●	●	●	●	●	●	●	●	●
Swimming with Fins				●	●	●	●	●	●	●	●	●	●
Elliptical/Rowing						●	●	●	●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	11	13	17
Leg Press – Double Leg			●	●	●	●	●	●					
Squats – Double Leg			●	●	●	●	●	●					
Deadlifts – Double Leg			●	●	●	●	●	●					
Heel Raises – Double Leg			●	●	●	●	●	●					
Standing Hamstring Curl			●	●	●	●	●	●					
Band Walking			●	●	●	●	●	●					
Isometric Wall Sit @ 90,60,45°			●	●	●	●	●	●					
Bridging – Double Leg			●	●	●	●	●	●					
Leg Press – Single Leg					●	●	●	●	●	●			
Reverse Lunge Static Hold					●	●	●	●	●	●			
Deadlift – Single Leg					●	●	●	●	●	●			
Ball & Single Leg Bridging					●	●	●	●	●	●			
Rear Leg Elevated Split Squat							●	●	●	●	●		
Lunges – Walking & Slide Disc							●	●	●	●	●		
Front Step Up							●	●	●	●	●		
Heel Raises – Single Leg							●	●	●	●	●		
Side Planks							●	●	●	●	●		
Sliding Leg Curl – Double Leg							●	●	●	●	●		
Advanced Balance Training							●	●	●	●	●	●	●
Squat – Single Leg									●	●	●	●	●
Front Step Down									●	●	●	●	●
Single Leg Box Drives									●	●	●	●	●
Single Leg Squat Y Excursions											●	●	●
Sliding Leg Curl – Single Leg											●	●	●

Nordic Hamstring Curls											●	●	●

Recommended Criteria to Initiate Impact Activities & Running

Pain ≤ 2/10

Full Active Knee Extension

Knee flexion ROM ≥ 95% of Uninvolved Side

Quad LSI ≥ 70%
HS LSI ≥ 70%

Quad/BW ≥ 60%

Functional Hop & Power Tests LSI ≥ 70%

IKDC ≥ 64%

Recommended Criteria to Initiate Return to Sport

Quad LSI ≥ 90%
HS LSI ≥ 100%

HS/QS ≥ 60%

Quad/BW
Female: ≥ 80%
Male: ≥ 85%

Functional Hop & Power Tests LSI ≥ 90%

Y-Balance Anterior Reach Distance ≤ 4 cm

IKDC ≥ 90%

ACL-RSI ≥ 60%

Plyometrics	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**13**	**17**
Vertical Squat Jump – Double Leg										●	●	●	●
Horizontal Broad Jump – Double Leg										●	●	●	●
Lateral Jump – Double Leg										●	●	●	●
Vertical/Broad/Lateral Jumps – Double Leg to Single Leg Land												●	●
Jump Lunges												●	●
Box Drop – Double Leg												●	●
Continuous Broad Jumping – Double Leg												●	●
Vertical/Broad Jumps – Single Leg to Single Leg Land													●
Lateral Skater Hops – Single Leg													●
Box Drop – Single Leg													●
Continuous Broad Jumping - Single Leg (Triple, Crossover, 6m Timed)													●
Box Drop Jumps – Double Leg													●
Box Drop Jumps – Single Leg													●
Return to Running	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**13**	**17**
Walk/Jog Program										●	●	●	●
Running Progression												●	●
Sprinting Progression													●
Agility	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**13**	**17**
Quick Taps on Step										●	●	●	●
Standing Mountain Climbers at Wall										●	●	●	●
Shuffling & Grapevine										●	●	●	●
Back Pedaling												●	●
Agility Ladder Drills												●	●
Single Leg Hopping (Clock, Square)												●	●
Skipping/Bounding													●
Deceleration Drills													●
Cone Drills													●
Sport Specific Drills													●
Return to Sport	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**13**	**17**
Golf – Putt	●	●	●	●	●	●	●	●	●	●	●	●	●
Chip			●	●	●	●	●	●	●	●	●	●	●
Irons					●	●	●	●	●	●	●	●	●
Drivers							●	●	●	●	●	●	●
Play a Round								●	●	●	●	●	●
Hiking – Easy										●	●	●	●
Hiking – Moderate												●	●
Hiking – Difficult													●
Backpacking													●
Road Biking – Flat										●	●	●	●
Road Biking – Hills												●	●
Gravel Biking													●
Mountain Biking – Cross Country												●	●
Mountain Biking – Downhill													●
Snowshoeing, Nordic Skiing – Classic												●	●
Nordic Skiing – Skate													●
Alpine Skiing, Snowboarding, Basketball, Tennis, Football, Soccer													●

Therapist Name: