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# **Physical Therapy Prescription – Knee Arthroscopy**

Procedure: Knee arthroscopy

Frequency: 2-3 times per week for 4-6 weeks

### PHASE I (Weeks 0 - 2): decrease edema, activate quadriceps

- Weightbearing: As tolerated; okay to use crutches for 2-3 days if needed
- Brace: None
- Range of Motion: AAROM → AROM as tolerated
- Therapeutic Exercises: Patellar mobs, quad/hamstring sets, heel slides, step-ups, straight-leg raises, stationary bike as tolerated; core exercises
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

## Phase II (Weeks 2 - 4)

- Weightbearing: As tolerated
- Brace: None
- Range of Motion: Full
- Therapeutic Exercises: Progress Phase I exercises; lunges, wall-sits; add cycling and elliptical
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

#### Phase III (Weeks 4 - 6)

- Weightbearing: As tolerated
- Brace: None
- Range of Motion: Full
- Therapeutic Exercises: Progress Phase II exercises; add plyometrics and sport-specific exercises; add running; return to athletic activity as tolerated at week 6
- Modalities: Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

Signature:	Date: