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## **General Knee Surgery Rehabilitation Guidelines**

### **Phase I for Immobilization and Rehabilitation: 0-2 weeks**

Select one: NWB    Partial WB \_\_\_\_    WBAT    TTWB

- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~25%)
- Hinged knee brace locked in extension except when doing exercises and/or CPM
- ROM: \_\_\_\_\_ AROM    AAROM    PROM

### **Phase II for Immobilization and Rehabilitation: 2-4 weeks**

Select one: NWB    Partial WB \_\_\_\_    WBAT    TTWB

- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~25%)
- Hinged knee brace locked in extension except when doing exercises and/or CPM
- ROM: \_\_\_\_\_ AROM    AAROM    PROM

YES/NO Ipsilateral quadriceps sets (NO straight leg raises)

### **Phase III for Immobilization and Rehabilitation: 4-6 weeks**

Select one: NWB    Partial WB \_\_\_\_    WBAT    TTWB

YES/NO Progress to weight-bearing as tolerated, may discontinue crutch use if good quadriceps control is acquired

- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~25%)
- Hinged knee brace locked in extension except when doing exercises and/or CPM
- ROM: \_\_\_\_\_ AROM    AAROM    PROM

YES/NO Ipsilateral quadriceps sets (NO straight leg raises)

### **Phase IV for Immobilization and Rehabilitation: 6-12 weeks**

Select one: NWB    Partial WB \_\_\_\_    WBAT    TTWB

- Gait training
- Hinged knee brace locked in extension until good quadriceps control and normal gait are obtained
- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~50%)
- AROM
  - Progress towards full ROM by 12 weeks
- Ipsilateral quadriceps strengthening (straight leg raises without resistance and stationary cycling at 8 weeks)

**Phase V for Rehabilitation: 12-16 weeks**

- Gait Training
- No immobilization
- Ipsilateral quadriceps strengthening
- Proprioception and balance activities (including single leg support)

**Phase VI for Rehabilitation: 16-24 weeks**

- Progress program as listed for Phase IV, with sport or job specific training

**Phase VII for Rehabilitation: >6 months**

- May begin jumping and contact sports when ipsilateral strength is 85-90% of contralateral extremity