

Dr Kumar Knee Arthroscopy Protocol

Revised 6th April 2020

Prehabilitation (STAGE 0)

- quadriceps/VMO strengthening
- active knee ROM
- pelvic stability
- lower limb kinetic chain activation
- core strengthening
- cardiovascular fitness

0-2 weeks (STAGE 1)

- WBAT
- ROM (terminal extension and full ROM by 1 week post-op)
- Full active ROM (VMO/quads/hamstring focus)
- regain coordinated muscle function
- pelvic stability (SLR in IR/ER/ABd/Add)
- core strengthening
- stationary bike, progressively lowering seat to increase knee ROM

2-6 weeks (STAGE 2)

- high rep, low resistance weights (progress at patient/therapist discretion)
- increase resistance on stationary bike as tolerated
- dynamic proprioceptive exercises
- aim for pain free ROM, gait normalisation by the end of 6 weeks

6 weeks-3 months (STAGE 3)

- strengthening without limitation
- sport-specific training

3+ months (STAGE 4)

- return to pre-injury activity
- reasons for delay – OA, concomitant ligament injury, OCD, quads dysfunction, PFJ pain



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Integrated Orthopaedic Management

Dr Jai Kumar FAOrthA
P: 40472347 F: 40472340
E: office@theorthoclinic.com.au

Timing of Dr Kumar's Post-Operative Appointments

- **2 weeks (Clinical Nurse Specialist)**
- **8 weeks**
- **16 weeks (if required)**

If you have any concerns during prehab/rehab please contact Dr Kumar directly for assistance or more urgent follow-up.