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SPORTS MEDICINE ORTHOPAEDIC SURGEON,
SPECIALIZING IN SHOULDER & KNEE SURGERY

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POST-OPERATIVE INSTRUCTIONS: KNEE ARTHROSCOPY

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Dx: (L) / (R) Arthroscopic Partial Meniscectomy / Repair / Chondroplasty / Debridement

Phase I (~Weeks 1-3) ***Emphasis = Pain Reduction, Edema Control, Motion & Quad Strength***

- Quadriceps sets – Emphasize closed-chain, isometric quad strengthening
- Modalities as needed to decrease pain and swelling
- Heel slides to increase flexion ROM, as needed
- Stationary bicycle: zero / low resistance, as tolerated (emphasis is motion)
- Hamstring & Gastroc/Soleus stretching & flexibility
- Static weight-lifts
- Hamstring curls with light weight/low resistance
- Toe raises, calf pumps
- Isometric hip adduction, Hip adduction & abduction, as tolerated
- If pain-free & edema well-controlled, may incorporate low-resistance elliptical at 3-4 weeks
- Gentle core strengthening; Gluteus & Abductor strengthening
- **HEP**

Phase II (~Weeks 4-6) ***Emphasis = Strengthening & Flexibility***

- Continue ROM and strengthening exercises, as needed
- Add leg-press within pain-free arc (begin with very low-weight, progress slowly)
- Add step-downs/ups, lunges, and/or partial low-weight squats as tolerated
- Add eccentric quadriceps and hamstring exercises
- Advance stationary bike, progressively increase resistance to build strength & endurance
- Advance elliptical resistance & begin jogging on mini-trampoline, progressing to treadmill running as tolerated
- Advance **HEP**

Phase III (~Weeks 6-10) ***Emphasis = Strength & Functional Progression***

- Continuing strengthening exercises; Progress Core & Hip Strengthening
- SportCord exercises: knee extension (only if pain-free & no patellofemoral history), leg press (sitting & supine)
- Progress to outdoor running (e.g. track) and agility drills
- Add plyometric exercises as needed
- Begin practicing skills specific to the activity (i.e. work, recreational activity, sport, etc.)
- Advance **HEP**

Please send progress notes & call with questions.

Physician: _____

Signature: _____

