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Post-Operative Rehabilitation: Knee Arthroscopy

Phase 1 Physical Therapy (0-2 weeks)

- Progress ROM as tolerated
- WBAT
- NO open-chain exercises
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Tactile and verbal cueing to enable non-compensatory gait patterning
- HEP: leg bridge for extension, heel slides for flexion, ankle pumps
- Isometric exercises for core, glutes, quadriceps, hamstrings

Phase 2 Physical Therapy (2-4 weeks)

- Initiate closed-chain strengthening and planks advancing as tolerated
- Proprioceptive training
- Standing weight shifts, backward/lateral walking without resistance
- Soft tissue mobilization, patellar mobilization, isometric exercises, core strengthening
- Initiate step-up and step-down programs

Phase 3 Physical Therapy (4-12 weeks)

- Focus on functional exercises in all planes, advance only when fully controlled
- Advance closed-chain and core strengthening
- Proprioceptive training
- Progress sport-specific drills and plyometrics