

Knee Arthroscopy Post Operative Protocol

This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

****Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460.***

Immediate Post-operative

- The patient receives an instruction sheet in recovery to include:
 - Remove dressing on post-op day one and apply band-aids to incision sites. If still having drainage cover incision sites with gauze. Re-wrap with ace bandage, daily if gauze bandage is used.
 - May shower directly over the wound beginning on post-op day 1
 - Begin moving knee gently. Do ankle pumps and begin quad strengthening exercises no later than post-op day one.
 - Expect a small amount of wound drainage for up to 5-7 days following surgery. Some may have no drainage at all.
 - Generally patient use crutches for 24 to 48 hours after surgery.
- During the first week after surgery, patients gait patterns are usually a little slower and it is ideal if the patient can sit part-time. Patients can generally return to work 2-3 days after surgery unless the job is especially demanding and requires prolonged standing, in which case patients will generally be kept out of work for one week.

First post-op visit with physician's assistant 10-14 days following surgery

- Wound Check and suture removal
- Review intra-operative photos so patient will have a good understanding of the internal pathology and what was done in surgery.
- Re-inforce important quadriceps strengthening exercises.
- Allow return to work and activities as tolerated.
- Light exercises, such as use of treadmill or exercise bicycle can be started by 2-3 weeks following surgery for most patients. Athletes working with trainers move along more quickly and are generally participating in practices at 2-3 weeks post-op and competing by 3-4 weeks post-op.
- Glucosamine therapy may be encouraged and explained in more detail if degenerative wear is noted during surgery.

RETURN TO FUNCTIONAL ACTIVITIES

- Patients with subtotal meniscectomies without degenerative changes on the articular surface generally fully recover within 6-8 weeks, have no restrictions on activities and need no further follow up office visits beyond first post-op visit.
- Patients with degenerative changes frequently have some ongoing symptoms and may need to return to discuss use of anti-inflammatory medications, either orally or injected into the knee. These patients may be seen as needed over a prolonged period of time, eventually possibly requiring further surgical management, including total knee replacement at some later date.