



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Knee Arthroscopy

Name: _____

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

Full passive motion

BRACE SETTINGS

None

WEIGHT BEARING STATUS

WBAT

TIME LINES

Week 1(1-7POD)
Week 2(8-14POD)
Week 3(15-21POD)
Week 4(22-28POD)

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises		●	●	●	●	●	●	●						
Balance series		●	●	●	●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance	●	●	●	●	●	●	●	●	●					
Bike with both legs - resistance			●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill - walking 7% incline			●	●	●	●	●	●	●	●	●	●	●	●
Swimming with fins			●	●	●	●	●	●	●	●	●	●	●	●
Elliptical trainer					●	●	●	●	●	●	●	●	●	●
Rowing					●	●	●	●	●	●	●	●	●	●
Stair stepper					●	●	●	●	●	●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends			●	●	●	●	●	●	●	●	●	●	●	
Double leg bridges			●	●	●	●	●	●	●	●				
Reverse lunge - static hold			●	●	●	●	●	●	●	●				
Beginning cord exercises			●	●	●	●	●	●	●	●				
Balance squats					●	●	●	●	●	●	●	●	●	●
Single leg deadlift					●	●	●	●	●	●	●	●	●	●
Leg press					●	●	●	●	●	●	●	●	●	●
Sports Test exercises					●	●	●	●	●	●	●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression						●	●	●	●	●	●	●	●	●
Initial - single plane						●	●	●	●	●	●	●	●	●
Advance - multi directional							●	●	●	●	●	●	●	●
Functional sports test							●	●	●	●	●	●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf progression			●	●	●	●	●	●	●	●	●	●	●	●
Outdoor biking, hiking, snowshoeing							●	●	●	●	●	●	●	●
Skiing, basketball, tennis, football, soccer								●	●	●	●	●	●	●

Signature: