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SPECIALIZING IN SHOULDER & KNEE SURGERY

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POST-OPERATIVE REHAB PROTOCOL: KNEE ARTHROSCOPY & FIXATION OF FEMORAL OCD

Diagnosis : (Left) / (Right) Arthroscopy, Mosaicplasty / Partial Meniscectomy / Chondroplasty / Microfracture / Debridement

PHASE I: Immediate Post-Operative/Healing Phase (Approx. timeframe: surgery-6 wks)

** **Knee brace or immobilizer** thru 6 weeks

** **Non-weightbearing with crutches** x 6 weeks (TTWB ok)

>> *then FWB with brace locked in extension weeks 2-6 use bathroom scale to progress as follows:*

week 6: PWB - 1/3 body weight week 8: FWB with crutches

week 7: PWB - 2/3 body weight week 9: crutch, cane, or no device as tolerated

** **CPM** ~ 4-6 hours daily x 6 wks, start 0-60° post-op, progress to 90° by 1-2 weeks, progress to 130° by 6 wks, & full ROM by 12 wks post-op.

CPM MODIFICATIONS: _____

ROM Exercises: Week 0 - 6: 0-120° (goal 90° flexion by week 1, 130° by week 4)

Isometric Quad Sets & SLR's: Start immediately post-op

Wear knee brace or immobilizer during SLR

May apply e-stim initially for Quad recruitment

PRE Progression – Emphasize VMO Strengthening

- Multiple angle isometrics
 - Concentric open-chain isokinetics, submaximal
 - Eccentric closed-chain isotonic
 - Eccentric open-chain isotonic
 - Concentric closed-chain isotonic
 - Concentric open-chain isotonic, submaximal
 - Eccentric open-chain isokinetic
 - Concentric open-chain isotonic, maximal
- (performed in 90-30 deg arc)
- Gentle multi-directional patella mobilization immediately after surgery (emphasize medial-lateral initially)
 - Massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions @ 2-3 weeks post-op
 - Hamstring/adductor/abductor/quadriceps/Achilles stretching
 - Whirlpool therapy if available at 4 weeks post-op to enhance motion
 - Stationary bicycle with **no resistance** once 90 degrees knee flexion obtained (~5-6 weeks)
 - Anti-inflammatory modalities as needed (US/massage/e-stim)
 - Cryotherapy and compression stockings/TEDS for swelling and pain control
 - Pts are instructed to ice knee or use cryo-cuff 30 min. 4-5x / day for first 2-3 weeks

K STREET/DOWNTOWN

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- Establish home program for ROM, strengthening exercises, flexibility exercises, & cryotherapy.

PHASE II: Transitional & Remodeling Phases (Approx. timeframe: 7+ wks)

**** Weight-bearing status:** FWB (out of brace) use bathroom scale to progress as follows:

week 7: PWB - 1/3 body weight week 9: FWB with crutches

week 8: PWB - 2/3 body weight week 10+: crutch, cane, or no device as tolerated

ROM Exercises: continue full AAROM & gentle PROM exercises; CPM may be discontinued

Therapy Exercises:

- Emphasize closed-chain quadriceps exercises
- Slowly incorporate very low weight (max 10 lbs.) open-chain leg extension and curl
- Stationary bicycle with slow, gradual increased tension per level of comfort
- Continue quad sets, SLR in brace, leg curl and heel slides
- Strengthen quads, hamstrings, and hip abductors/extensors using ankle weights and/or elastic band resistance through full ROM as tolerated
- Gentle closed-chain terminal knee extension 0-40 degrees (TKE) permitted starting at 9-10 weeks as tolerated per weight bearing restriction
- No-incline, low-resistance elliptical training incorporated at 10 wks
 - Continue & emphasize multi-directional patella mobilization.
 - Hamstring/adductor/abductor/ quadriceps /Achilles stretching.
 - Whirlpool therapy if available to enhance motion & quadriceps/hamstring muscle control.
 - E-stim for VMO/ quadriceps muscle re-education/biofeedback as needed.
 - Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions.
 - Activity level should be modified if increased pain, catching, or swelling occurs.
 - Anti-inflammatory modalities as needed (US/massage/e-stim).
 - Cryotherapy and compression stockings/TEDS for swelling and pain control.
 - Pts are instructed to ice knee or use cryo-cuff 30 min. 2-3x / day for weeks 7-12
 - Establish home program for ROM, strengthening exercises, flexibility exercises, & cryotherapy.
 - Restrictions: No leg press or squats

PHASE III: Remodeling Phase (Approx. timeframe: 13+ wks)

****Weight-bearing status:** full weight-bearing as tolerated; wean crutches/cane as tolerated only when gait has normalized

ROM Exercises: Continue full AAROM and gentle PROM exercises

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Therapy Exercises:

- Resisted open-chain exercise with \leq 20lbs to be progressed as tolerated after 6 mos.
- Closed-chain exercise to promote knee stability & proprioception through full ROM as tolerated
- Cycling on level surfaces permitted with gradual increase in tension per level of comfort
- Treadmill walking encouraged
- Low-incline elliptical encouraged with progressively increasing resistance
- Rollerblading permitted at 6-7 months
- Continue multi-directional patella mobilization
- Hamstring/adductor/abductor/quadriceps/Achilles stretching
- Whirlpool therapy if available to enhance motion and quadriceps /hamstring muscle control
- E-stim for VMO/ quadriceps muscle re-education/biofeedback as needed
- Gentle massage/deep friction to hamstring insertions, suprapatellar quadriceps, medial/lateral gutters, and infrapatellar regions
- Activity level should be modified if increased pain, catching, or swelling occurs

**no pivoting sports should be started without MD clearance

**no squats, no leg presses allowed

Please send progress notes

Physician: _____ Signature: _____