



Knee Arthroscopy Rehabilitation

This protocol is advisory only and should not be used except under the supervision of a qualified physiotherapy practitioner. It should serve as a guide but it is important to remember that the program must be tailored to each individual.

Pre-operative

Explain rehabilitation program
Give advice regarding ice / cryotherapy
Gait education including crutches
Advice on home exercise progression

Post-operative

Aim for early maximum knee range of movement
Full weight bearing unless stated in the postoperative instructions
Will require outpatient physiotherapy if

- Lateral release has been performed
- ACL deficient knee
- Restricted range of movement
- Pre-operative muscle weakness identified