

*Orthopedic Surgeon, Sports Medicine
Physician, US Ski & Snowboard Teams*

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Knee Arthroscopy with:
☐ Debridement
☐ Chondroplasty
☐ Partial Meniscectomy

		Weeks after surgery							
MOTION RESTRICTION	ROM & Muscle Initiation	1	2	3	4	5 - 6	7- 9	10-12	13+
	Flexion/Extension – Wall slide								
	Flexion/Ext – seated/calf assisted								
	Patella/Tendon mobilization								
	Extension mobilization (no hyperext)								
	Quad sets								
BRACE SETTINGS	Standing terminal knee extension								
	Hamstring sets								
	Sit and reach for hamstrings (no hypertext)								
	Ankle pumps								
No Brace	Bike with no/low resistance								
	Progress to Endurance: 5+ weeks & ROM >125°, Quad set that terminally extends the knee								
Weight Bearing status	Muscular Endurance 3 x 15, 45s rest					5 – 6+			
	Lateral band stepping								
	Single leg leg press								
	Squat progression								
	RDL								
	Tuck squat								
	Progress to strength: 7+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference								
	Muscular Strength 3 x 10 120s rest						7-9+		
	Lateral band stepping								
	Single leg leg press								
Partial weight bearing x 1 week (with crutches) then advance as tolerated; wean from crutches	Hex bar squat								
	Kettlebell deadlift								
	Elevated split squat								
	Progress to power: 10+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference								
	Muscular Power 3 x 6, 180s rest							10-12+	
	Front squat								
	Barbell deadlift								
	Split jumps								
	Sled drags								
	Progress to running: 10+ weeks & Triple hop distance >90% of unaffected side								
	Running, Speed & Agility							10-12+	
	Running progression								
	Ladder footwork drills								
	Forward & backward cone drills								
	Lateral cone drills								
	High Level Activities							10-12+	
	Golf, outdoor biking								
Clearance for other activities made by Dr. Haber and based on different factors including passing the included progression criteria									