



Knee arthroscopy with subchondroplasty

General Post Op Instructions

Wound Care	<ul style="list-style-type: none">✓ Dressings can be removed 2 days after surgery, or they can be removed at the first physical therapy appointment✓ If desired, incisions may be covered with simple dressings (band-aids)
Swelling	→ Swelling and bruising are to be expected after a surgical procedure
Ice and Elevate	<ul style="list-style-type: none">✓ Ice 20 minutes on 20 minutes off, several times a day to help with swelling✓ Do not place ice or cold back directly onto the skin✓ Elevate the limb above the heart when able
Showering	<ul style="list-style-type: none">→ Do not soak incisions in water until after stitches are removed→ You may begin to shower 2 days after surgery after dressings are removed<ul style="list-style-type: none">○ Allow soapy water to run over the incision but do not scrub○ Dry, apply band-aids if needed
Driving	<ul style="list-style-type: none">✓ Dr. Call does not release patients to drive at a specific date or week post op✓ It is unlawful to drive under the influence of opioid (strong pain) medications✓ Must be able to safely apply the brakes before returning to drive✓ Driving in a brace/sling/boot is not recommended

Weight Bearing Restrictions and Brace Use

Arthroscopy and Subchondroplasty

Week 1-4	<ul style="list-style-type: none">✓ Flat foot weight bearing (only the weight of the leg on the ground) with crutches or walker✓ No Brace
Weeks 5-6	<ul style="list-style-type: none">✓ WBAT with crutches or walker
Week 6+	<ul style="list-style-type: none">✓ WBAT without crutches or walker



Immediate Post Operative Phase (up to week 4)

Overall Goals	✓ Range of Motion
Cautions	→ Swelling and edema control
Range of Motion	✓ Week 1-2: 0 – 90 degrees ✓ Week 3-4+: ROM as tolerated
Therapeutic Suggestions	→ Patella mobilization → Calf stretch with sheet → Sitting hamstring stretch → Ankle pumps → Quad sets (E-stim for quad re-education) → 4 Way hip → SAQ (pain free) → LAQ (pain free) → Gluteal sets → Adductor Sets → Heel slides
Progression Ready to Next Phase	✓ Tolerating ROM and PT exercises <i>If not all goals are met, patient may progress to the next phase with intervention plan in place to address deficiencies</i>

Intermediate Rehabilitation Phase (Weeks 5 – 8)

Overall Goals	✓ Progress weight bearing
Range of Motion	✓ ROM as tolerated
Therapeutic Suggestions	→ Bike → Standing calf stretch → Multi angle hip machine, pad above knee – flex, abd, add → Wall squats to 60 degrees → Calf Raises → Standing Marching → Standing hamstring curls → Mini-squats → Weight shifts → Balance work: bilateral lower extremity on baps, balance master



Indiana University Health

Trevor Call, DO

Indiana University Health Physicians
Sports Medicine and Arthroscopic Surgery

IU Health West Hospital – 1115 Ronald Reagan Pkwy #148, Avon, IN 46123

Phone: 317-944-9400

Eskenazi Health – 720 Eskenazi Ave, Indianapolis, IN 46202

Phone: 317-880-3737

Advance Strengthening Phase and Return to Activity (Weeks 9 – 12+)

Overall Goals	✓ Improve strength and endurance
Range of Motion	✓ ROM as tolerated
Therapeutic Suggestions	<ul style="list-style-type: none">→ Initiate hamstring work – curls, and ext on 4 way hip, ext SLR→ Stair climber (avoid if anterior knee pain is present)→ Treadmill – forward and backward- may use incline and resistance→ Pool – deep well cycling, scissor kicking→ Running forward in the water
Return to Activity	✓ Week 16+: Running and Plyometrics with continued exercise progression to tolerance