



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

## **Knee arthroscopy with subchondroplasty**

### **General Post Op Instructions**

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

### **Weight Bearing Restrictions and Brace Use**

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



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

### Immediate Post Operative Phase (up to week 4)

<b>Overall Goals</b>	✓ Range of Motion
<b>Cautions</b>	→ Swelling and edema control
<b>Range of Motion</b>	✓ Week 1-2: 0 – 90 degrees ✓ Week 3-4+: ROM as tolerated
<b>Therapeutic Suggestions</b>	→ 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
<b>Progression Ready to Next Phase</b>	✓ 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)

<b>Overall Goals</b>	✓ Progress weight bearing
<b>Range of Motion</b>	✓ ROM as tolerated
<b>Therapeutic Suggestions</b>	→ 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+)**

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