

Gym Protocol for Knee Patients

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Visit 1/Pre-op:

- Instruct patient in HEP (QS, SLR, SLR with hip ER, and heel slides)
- Patellar mobs/lateral retinacular stretching
- Ice with elevation
- Crutch training on all surfaces as needed
- Progress with ankle weights at home (**no theraband and no squats**)

Week 1:

- Stationary bike for ROM and cardio-vascular conditioning
- LE PRE's including hip add/abd, hip extension, and hip flexion
- Mini-squats in standing (0-30 degrees)
- Don Tigney TKE with T-band
- Joint mobs/patellar mobs
- Russian E/S for VMO re-education
- Continue Ice and elevation

Week 2:

- Sitting knee extension (no weight/0-30 degrees)
- Isotonic HS curl (0-90 degrees)
- Leg Press (0-45 degrees)
- SAQ (0-30 degrees and no PF symptoms)
- Calf Raises

Week 3:

- Isotonic leg extension (eccentric/0 to 30 degrees only!)
- Wall squats with physioball (not past 45 degrees)
- Mini-tramp and BAPS for proprioception
- Step-ups (forward/lateral)
- StairMaster as tolerated

Progression:

- Leg extension (concentric/0 to 30 degrees only!)
- Isokinetic exercise (0 to 30 degrees)
- Isokinetic testing (90 and 180/include coefficients of variation)
- Functional/sport specific activities: impact loading, cutting, running as appropriate.