











Knee Arthroscopy Rehabilitation

The following exercises are commonly used for rehabilitation following arthroscopic knee surgery. However, each knee surgery is unique and each person's condition is unique. We recommend that you consult with your physician or physical therapist before performing these exercises






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<p>Knee Arthroscopy Rehab Phase 1 Ankle Pumps Alternate pointing and flexing feet. 10 - 30x</p>		
<p>Ball Roll Roll ball back and forth to bend and fully straighten your knee. 10 - 30x</p>		
<p>Butt Lift Lift your butt trying to make a straight line from your ankle to shoulder. 10 - 30x</p>		
<p>Ball Straight Leg Raise Keeping your leg straight lift your leg until you feel a stretch in the back of your leg. 10 - 30x</p>		
<p>Short Arc Quad Place a rolled up towel under your knee and lift your foot straightening your knee fully. 10 - 30x</p>		




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<p>Straight Leg Raise Keeping your leg completely straight lift it 6 inches off of the table then return to the rest position and completely relax. Repeat 10 – 30x</p>	
<p>Side Leg Lift Lie on your side with your back and shoulders against the wall. Keep your foot horizontal, leg straight and close to the wall as you lift 12 inches. Repeat 10 – 30x</p>	
<p>Knee Bend Bend your knee as you move your foot towards your butt as far as comfortably possible. Repeat 10 – 30x</p>	
<p>Leg Lift Keep your leg straight and lift it 12 inches off of the table. Repeat 10 – 30x</p>	
<p>Cycle Cycle at a low resistance. 5 – 20 minutes</p>	

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<p>Knee Arthroscopy Rehab Phase 2 Butt Lift March Hold your butt up while alternately lifting your legs.</p>		
<p>Butt Lift / Ball Roll Simultaneously lift your butt and roll the ball toward your butt.</p>		
<p>Heel Raise Raise and lower your body while standing. Emphasize keeping your knees straight. 10 - 30x</p>		
<p>Knee Bend A Keep your knees parallel and bend your knee lifting your heel toward your butt. 10 - 30x</p>		
<p>Knee Bend B Bend your knee by sliding your ankle parallel to your other leg. 10 - 30x</p>		

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<p>Squat</p> <p>With your feet shoulder width apart squat down. Only squat as deep as you are comfortable.</p> <p>10 - 30x</p>		
<p>Single Leg Stand</p> <p>Stand on one leg and balance. Use your fingers to provide support initially. As you improve try keeping your knee slightly bent while balancing.</p>		
<p>Calf Stretch</p> <p>Keep your back leg straight and foot straight forward as you lean forward to stretch the back of your lower leg.</p> <p>Hold 5 seconds repeat 10x</p>		

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<p>Knee Arthroscopy Rehab Phase 3 Side Stepping</p> <p>Place resistance band around your ankles and walk sideways keeping your feet pointed straight forward. Avoid leaning your upper body or sliding your foot.</p>	
<p>Backward Zig Zag</p> <p>Keep your trunk straight forward and legs straight as you step back and outward 45 degrees.</p>	
<p>Side Stepping with Squat</p> <p>Maintain a squat position while walking sideways.</p>	
<p>Step Up</p> <p>Step up onto a step leading with your right leg 10 times then lead with your left leg 10 times. Focus on keeping center of knee aligned with the center of your foot.</p> <p>Step Down</p> <p>Balance on your right leg as you reach down to touch the floor with your left foot and repeat 10x. Switch feet and repeat.</p>	