



Pediatric Orthopedic and Scoliosis Center  
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

## Dr. Tysklind's Knee Arthroscopy PT Protocol

Diagnosis: R / L

Procedure date:

S/P:

WEEK											MONTH				
	1	2	3	4	5	6	7	8	9	10		3	4	5	6
<b><i>PHASE 1 EXERCISES</i></b>															
Extension/Flexion sitting prone	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Quad sets with straight leg raises	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Hamstring sets	●	●	●	●	●	●									
Patella Mobs/Quad patellar tendon	●	●	●	●	●	●									
Wall slides				●	●	●							●	●	●
Toe and heel raises	●	●	●	●	●	●	●	●	●	●		●	●	●	●
<b><i>MUSCLE STRETCHES</i></b>															
Sit and Reach for Hamstrings	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Lying Rectus	●	●	●	●	●	●	●	●	●	●		●	●	●	●
Stork Stand for Quadriceps						●	●	●	●	●		●	●	●	●
Runners stretch for calf and achilles	●	●	●	●	●	●	●	●	●	●		●	●	●	●
<b><i>CARDIOVASCULAR EXERCISES</i></b>															
Bike with Both Legs		●	●	●	●	●	●	●	●	●		●	●	●	●
Aquajogging				●	●	●	●	●	●	●		●	●	●	●
Swimming				●	●	●	●	●	●	●		●	●	●	●
Elliptical trainer						●	●	●	●	●		●	●	●	●
Rowing						●	●	●	●	●		●	●	●	●
Stair Stepper						●	●	●	●	●		●	●	●	●
Treadmill			●	●	●	●	●	●	●	●		●	●	●	●
<b><i>PHASE 2 SPORT CORD EXERCISES</i></b>															
Double Knee Bends (knee not over foot)															
Carpet Drags															
Forward backward jogging															
Side to side agilities															
<b><i>PHASE 3 WEIGHTS</i></b>															
Leg press down to 90 degrees		●	●	●	●	●	●	●	●	●		●	●	●	●

Leg curls		•	•	•	•	•	•	•	•	•		•	•	•	•
Ab/Adduction						•	•	•	•	•		•	•	•	•
Balance squats						•	•	•	•	•		•	•	•	•
Knee extension pain-free arc		•	•	•	•	•	•	•	•	•		•	•	•	•
NO LUNGES															
<b><i>PHASE 4 HIGH LEVEL EXERCISES</i></b>															
Biking outdoors					•	•	•	•	•	•		•	•	•	•
Rollerblading						•	•	•	•	•		•	•	•	•
Running						•	•	•	•	•		•	•	•	•
Skiing, basketball, tennis, football, soccer												•	•	•	•
Golf												•	•	•	•
Agility Exercises												•	•	•	•
Trail Riding												•	•	•	•

**Additional Instructions:**

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Robert G. Tysklind, MD

Date