



# ColumbiaDoctors

622 W 168th Street, PH-11 Center phone: 212-305-3934  
New York, NY 10032 fax: 212-305-4040  
columbiaortho.org

Rehabilitation prescription for:

label

## Dr. Redler's Knee Arthroscopy, Patellar Tendon Debridement and Repair Rehabilitation Protocol

Diagnosis:

Procedure date:

S/P:

Eval & Treat: 2x/week x 12 weeks

|                                              | WEEK |   |   |   |   |   |   |   |   |    | MONTH |   |   |   |
|----------------------------------------------|------|---|---|---|---|---|---|---|---|----|-------|---|---|---|
|                                              | 1    | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 3     | 4 | 5 | 6 |
| <b>PHASE 1 EXERCISES</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>MUSCLE STRETCHES</b>                      |      |   |   |   |   |   |   |   |   |    |       |   |   |   |
| Sit and Reach for Hamstrings                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Lying Rectus                                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Stork Stand for Quadriceps                   | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Runners stretch for calf and achilles        | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| <b>CARDIOVASCULAR EXERCISES</b>              |      |   |   |   |   |   |   |   |   |    |       |   |   |   |
| Bike with Both Legs                          | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Aquajogging                                  | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Swimming                                     | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Elliptical trainer                           | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Rowing                                       | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Stair Stepper                                | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Treadmill                                    | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| <b>PHASE 2 SPORT CORD EXERCISES</b>          |      |   |   |   |   |   |   |   |   |    |       |   |   |   |
| Double Knee Bends (Knee not over foot)       | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Carpet Drags                                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Forward Backward Jogging                     | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Side to side agilities                       | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| <b>PHASE 3 WEIGHTS</b>                       |      |   |   |   |   |   |   |   |   |    |       |   |   |   |
| Leg press down to 90 degrees                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Leg Curls                                    | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Ab/Adduction                                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Balance squats                               | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Knee Extension Pain free Arc                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| NO LUNGES                                    | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| <b>PHASE 4 HIGH LEVEL EXERCISES</b>          |      |   |   |   |   |   |   |   |   |    |       |   |   |   |
| Biking Outdoors                              | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Rollerblading                                | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Running                                      | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Skiing, basketball, tennis, football, soccer | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Golf                                         | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Agility Exercises                            | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |
| Trail Riding                                 | •    | • | • | • | • | • | • | • | • | •  | •     | • | • | • |

### Additional Instructions:

Brace locked in extension for 2 weeks for ambulation (WBAT) and sleep, can unlock brace when able to do SLR with no lag

Brace x 4 weeks, goal 0-90 by 6 weeks

Lauren H. Redler, MD

Date