



Home Exercises After Knee Arthroscopy

Physical Therapy Simplified

Doctor of Physical Therapy–Designed Home Program to Restore Motion and Early Strength

This home-based exercise plan is designed to help you gently restore mobility, reduce stiffness, and re-engage your quadriceps after knee arthroscopy. Perform the exercises slowly and mindfully, focusing on comfort and control rather than intensity. Stop any movement that causes sharp pain or swelling.



Early Recovery Phase (Weeks 0–2)

◆ Hamstring Stretch with Strap

- **Purpose:** Loosen tight hamstrings and promote knee extension
 - **How to Do It:**
 - o Lie on your back and loop a strap around your foot
 - o Straighten your leg toward the ceiling while keeping your knee straight
 - o Hold 20–30 seconds, repeat 2–3 times per leg
 - **Pro Tip:** Keep your opposite leg bent for comfort and avoid pulling too hard
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◆ Gastroc Stretch with Strap

- **Purpose:** Stretch the calf muscles to restore ankle and knee flexibility
 - **How to Do It:**
 - o Sit with your leg straight and loop a strap around the ball of your foot
 - o Pull the strap gently toward you until you feel a stretch in your calf
 - o Hold 20–30 seconds, repeat 3–5 times
 - **Pro Tip:** Keep your knee straight to fully lengthen the calf
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◆ Quad Set

- **Purpose:** Re-activate the quadriceps muscle for stability
- **How to Do It:**
 - o Sit with your leg straight and a small towel under your knee

- o Tighten your thigh to press the back of your knee gently into the towel
 - o Hold 5–10 seconds, relax, repeat 10–15 times
 - **Pro Tip:** Look at your thigh to see the muscle contract—avoid lifting the leg
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◆ **Straight Leg Raise**

- **Purpose:** Strengthen quadriceps without bending the knee
 - **How to Do It:**
 - o Lie on your back with your other knee bent
 - o Keep your surgical leg straight and lift it about 12–18 inches
 - o Lower slowly, repeat 10–15 times
 - **Pro Tip:** Keep your knee fully straight—if it bends, practice more quad sets first
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◆ **Short Arc Quad**

- **Purpose:** Strengthen quads through a gentle, pain-free range
 - **How to Do It:**
 - o Lie on your back with a rolled towel under your knee
 - o Straighten your leg to lift your heel slightly off the floor
 - o Hold 5 seconds, then lower slowly
 - **Pro Tip:** Move slowly and focus on a strong squeeze at the top
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◆ **Long Arc Quad**

- **Purpose:** Improve quadriceps endurance and knee control in sitting
 - **How to Do It:**
 - o Sit in a chair with feet flat on the floor
 - o Slowly straighten your knee until your leg is parallel to the ground
 - o Hold 5 seconds, lower slowly, repeat 10–15 times
 - **Pro Tip:** Add a light ankle weight once the motion feels easy and pain-free
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◆ **Heel Slides**

- **Purpose:** Gently improve knee bending and circulation
- **How to Do It:**
 - o Lie on your back with legs straight
 - o Slide your heel toward your buttocks as far as comfortable

- o Hold 2–3 seconds, then return to starting position
 - **Pro Tip:** Use a plastic bag under your heel to reduce friction
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Ice & Pain Relief Tip:

Apply ice for 15–20 minutes after exercises or when swelling increases. Keep a thin cloth between the ice pack and your skin.



Exercise Tracker

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