Arthroscopy Rehabilitation Guidelines

Rehabilitation

The following is a general guideline for progression of rehabilitation following Arthroscopy. Progression through each phase should take into account patient issues (healing, function) and physician advisement. Please consult the physician if there is any uncertainty concerning advancement to the next phase of rehabilitation.

Knee Arthroscopy

- ACE bandage may be changed 3 days post-op with dressing reapplied
- Follow-up in office in 1 week unless otherwise indicated
- Weight bearing as tolerated with crutches
- Keep incision dry until first post-operative visit
- Vicodin for pain relief unless allergies exist
- One aspirin per day until follow-up

Shoulder Arthroscopy

- Dressing should be left in place until post-operative visit
- F/U 1 week unless otherwise indicated
- Codman exercises to begin post-operative day #1. Specific instructions will be provided dependent on procedure performed
- Sling unless otherwise indicated
- Vicodin for pain relief unless allergies exist