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## Introduction

Arthroscopic surgery has revolutionized the management of knee injuries by providing minimally invasive techniques that target specific conditions like meniscal tears, ACL tears, and cartilage defects. These procedures offer several advantages over traditional open surgeries, including reduced post-operative pain, shorter recovery times, and minimized risk of complications such as infection and blood loss [1].

### **Rehabilitation protocols and post-operative care**

Rehabilitation after arthroscopic knee surgery plays a crucial role in achieving optimal outcomes. Early mobilization, guided by physical therapists, helps restore joint function and strength gradually. Initially focusing on pain management and reducing swelling, rehabilitation progresses to include exercises targeting range of motion and muscle strengthening [6]. Patients are encouraged to adhere strictly to