

Knee Arthroscopy with Partial Meniscectomy Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Decrease pain and effusion ● Eliminate extensor lag ● Normal gait mechanics ● Improve ROM 	<p>No brace required</p> <p>Compression sleeve as tolerated</p>	<p>● Passive and active ROM as tolerated with PT</p> <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryotherapy/compression 	<ul style="list-style-type: none"> ● Quad sets ● SLR with assist until no lag ● Isometric sidelying abduction ● Isometric hamstring sets ● Ankle pumps ● Gait training ● Terminal knee extension
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● Improve strength and endurance ● Full ROM 		<p>Modalities:</p> <ul style="list-style-type: none"> ● Patellar mobs ● Manual assist extension/passive stretch ● Edema control 	<ul style="list-style-type: none"> ● Bike for ROM ● Leg press (bilateral, single, leg press with ball) ● Squats ● Progress to lunge ● Forward and Lateral step-ups ● Standing hip flexion, abduction, extension ● Wobble board/Dyna-disc/Bosu balance ● Dynamic proprioception beginning 4 weeks (agility, hopping)
<p>Phase 3 (7+weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Return to full activities ● Improve muscular power and endurance 	<p>Maintain ROM</p>	<p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master ● Can running progression ● Plyometrics: box jump up, even ground jumps, even ground hops, drop jumps, drop hops, depth jumps ● Power movements: power clean, snatch, med ball slam variations, push press, banded jumps