

Knee Arthroscopy/Partial Meniscectomy Protocol

PHASE 1 (0-2 weeks):

- Goals:
 - Alleviate acute pain and swelling
 - Increase ROM
 - Increase hip, hamstring, and quadriceps strength
 - Promote normal ambulation
 - Maintain cardiovascular conditioning
- **Weight Bearing**
 - Crutches used for 24-48 hours
 - Advance to full weight bearing as tolerated
- **ROM**
 - Immediate full ROM should be attained
- **Therapeutic Exercise**
 - Heel/wall slides
 - Prone and/or standing knee flexion
 - Quad sets
 - Patellar mobilization
 - Isometric ad/abduction exercises
 - Hamstring and gastroc stretching
 - Bicycle as tolerated
 - Pain and edema control modalities

PHASE 2 (2-4 weeks):

- Goals:
 - Decrease swelling
 - Increase ROM
 - Increase hip/knee strength
 - Improve general conditioning
 - Independent ambulation w/o assistive device
- **Weight Bearing**
 - Full weight bearing
- **ROM**
 - Progress to full ROM
- **Therapeutic Exercise**
 - Continue Phase 1 exercises
 - Knee ROM flexion/extension
 - Hip, quad, and core strengthening
 - Closed chain exercises (e.g. wall sits, lunges)
 - Calf raises
 - Non-impact endurance training: stationary bike, Nordic track, swimming, deep water run.
 - Non-impact proprioceptive and balance training

PHASE 3 (4-6 weeks):

- Goals:
 - Full pain free ROM
 - Increase strength and power
- **Weight Bearing**
 - Full weight bearing
- **ROM**
 - Full ROM
- **Therapeutic Exercise**
 - Continue Phase II exercises
 - Increase closed-chain activities (e.g. step up, side, down)
 - Movement control exercises beginning with low velocity, single-plane activities and progressing to higher velocity, multi-plane activities
 - Sport/work specific balance and proprioceptive drills

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