**Knee Arthroscopy, Partial Menisectomy, Debridement Rehab Protocol**

**General Precautions:**

-Weightbearing as tolerated

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| **Phase** | **Goals/Progression Criteria** | **Precautions** | **Suggested treatments** |
| **1.**  **Inflammation and pain management**  **0-2 weeks** | -Diminish pain, edema  -Knee ROM 0-90 deg. to progress to phase 2; goal 0-115 deg.  -No quad lag during SLR | -WBAT with crutches | -Education on inflammation management  -Gait training  -Balance and proprioceptive exercises  -Quad recruitment with e-stim  -AAROM  -Hip and ankle strengthening  -1/2 squats  -Bicycle for ROM |
| **2.**  **Protected loading**  **2-6 weeks** | -Full pain-free ROM  -Restore strength, balance, proprioception  -Gradual return to functional activities  -Normal gait without assistive device  -Quad strength of operative side within 80% of non-operative side | -Progress to one crutch or cane until gait is normalized | -Gait training without brace or crutches  -Quadriceps strengthening  -Progress PREs in closed- and open-chain in full weightbearing  -Single leg balance and proprioceptive exercises  -Progress cardio to elliptical, stairmaster, treadmill |
| **3**  **Advanced activity**  **6+ weeks post-op** | -Safe return to high-level activity | -None | -Progress PREs to higher weights and intensity, lower volume  -Begin plyometrics, vertical jumping, agility drills  -Begin treadmill running program  -Sport-specific drills |

**Criteria for discharge from skilled therapy**:

1) Non-antalgic gait

2) Pain free /full ROM

3) LE strength at least 4+/5

4) Independent with home program

5) Normal age appropriate balance and proprioception

6) Resolved palpable edema