**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