



Knee Arthroscopy Meniscectomy/Chondroplasty Rehabilitation Protocol

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Diagnosis: Right/Left Knee Arthroscopy _____

Date of Surgery: _____

Weeks 0-2

- Weight bearing as tolerated without assist by 48 hours post-op.
- ROM – progress through passive, active and resisted ROM as tolerated (Goal – Full extension by 2 weeks, 130 degrees of flexion by 6 weeks).
- Patellar mobilization daily.
- Strengthening – quad sets, SLRs, heel slides, etc. No restrictions to ankle/hip strengthening.
- Modalities prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.
- Heat before therapy sessions, ice after therapy sessions per therapist's discretion.

Weeks 2-6

- ROM – Continue with daily ROM exercises (Goal – increase ROM as tolerated).
- Strengthening – Increase closed chain activities to full motion arc. Add pulley weights, theraband, etc. Monitor for anterior knee pain symptoms.
- Progress strengthening activities – wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening.
- Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.
- Continue modalities prn as indicated above.
- Heat before therapy sessions. Ice after therapy sessions.
- Progress activities to full release after week 6