

Post-operative Rehabilitation Protocol Knee Arthroscopy (Partial Meniscectomy / Loose Body Removal / Shaving Chondroplasty)

PHASE I – Acute Phase:

- Goals:
 - Diminish pain, edema
 - Restore knee range of motion (goal 0-115, minimum of 0 degrees extension to 90 degrees of flexion to progress to phase II)
 - Reestablish quadriceps muscle activity/re-education (goal of no quad lag during SLR)
 - Educate the patient regarding weight bearing as tolerated, use of crutches, icing, elevation and the rehabilitation process
- Weight bearing:
 - Weight bearing as tolerated. Discontinue crutch use as swelling and quadriceps recruitment dictates and normal gait mechanics are restored.
- Modalities:
 - Cryotherapy for 15 min 4 times a day
 - Electrical stimulation to quadriceps for functional retraining as appropriate
 - Electrical stimulation for edema control- high volt galvanic or interferential stimulation as needed
- Therapeutic Exercise:
 - Quadriceps sets
 - SLR
 - Hip adduction, abduction and extension
 - Ankle pumps
 - Gluteal sets
 - Heel slides
 - 1/2 squats
 - Active-assisted ROM stretching, emphasizing full knee extension (flexion to tolerance)
 - Hamstring and gastroc/soleus and quadriceps stretches
 - Bicycle for ROM when patient has sufficient knee ROM. May begin partial revolutions to recover motion if the patient does not have sufficient knee flexion

PHASE II: Internal Phase

- Goals:
 - Restore and improve muscular strength and endurance
 - Reestablish full pain free ROM

- Gradual return to functional activities
- Restore normal gait without an assistive device
- Improve balance and proprioception
- Weight bearing status:
 - Patients may progress to full weight bearing as tolerated. Patients may require one crutch or cane to normalize gait before ambulating without assistive device.
- Therapeutic exercise:
 - Continue all exercises as needed from phase one
 - Cardio equipment- stairmaster, elliptical trainer, treadmill and bike.
 - Lunges- lateral and front
 - Leg press
 - Lateral step ups, step downs, and front step ups
 - Knee extension 90-40 degrees
 - Closed kinetic chain exercise terminal knee extension
 - Four-way hip exercise in standing
 - Proprioceptive and balance training
 - Stretching exercises- as above, may need to add ITB and/or hip flexor stretches

PHASE III – Advanced activity phase

- Goals:
 - Enhance muscular strength and endurance
 - Maintain full ROM
 - Return to sport/functional activities/work tasks
- Therapeutic Exercise:
 - Continue to emphasize closed-kinetic chain exercises
 - May begin plyometrics/vertical jumping
 - Begin running program and agility drills (walk-jog) progression, forward and backward running, cutting,
 - figure of eight and carioca program
 - Sport specific drills

Criteria for discharge from skilled therapy:

- *Non-antalgic gait*
- *Pain free /full ROM*
- *LE strength at least 4+/5*
- *Independent with home program*
- *Normal age appropriate balance and proprioception*
- *Resolved edema*