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Knee arthroscopy/ meniscectomy/ debridement

Physical Therapy Protocol

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	WEIGHT BEARING	Range of Motion	Goals	EXERCISES
0-2 weeks	Weight bearing as tolerated	Full ROM	1-dec pain 2-dec swelling 3-quad control 4-full ROM	1-straight leg raises 2-calf pumps 3-cold therapy 4- wall slides, prone hangs
2-4 weeks Physical Therapy to start at 2 weeks	Weight bearing as tolerated	Full ROM	1-normal gait 2-normal strength	1-stationary bike 2-closed chain strengthening 3-CV conditioning
4-12 weeks	Ok to begin jogging if good quad strength	Full ROM	1- Symmetric quad girth and strength 2- Normal running gait 3- Progress into sport specific activities	1- Closed chain strengthening 2- Advance functional training program Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 3-physician clearance