



orthopedic ONE

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Knee Arthroscopy with Partial Menisectomy Protocol

Acute Phase I: (0-2 weeks)

Goals:

Alleviate acute pain and swelling
Increase ROM.
Increase hip, hamstring and quadriceps strength
Promote normal ambulation, WBAT, no brace required
Maintain cardiovascular conditioning

Plan:

ROM
Heel/wall slides for ROM
Aquatic therapy, may start deep running, swimming Hamstring and gastroc stretching
Kinesiotaping as necessary
Bicycle as tolerated, light resistance
Patellar mobilization
Prone and/or standing knee flexion
4-Quad (hip flexion, abduction, adduction, extension)
Modalities for pain and edema control

Sub-Acute Phase II: (2-4 weeks)

Goals:

Decrease swelling
Increase ROM
Increase strength hip/knee
Improve general conditioning
Independent ambulation without assistive device

Plan:

Continue Phase I exercises
N-K for hamstrings only
ROM knee flex/ext
Stairmaster, treadmill, bicycle
Universal equipment PRE's - leg press
Proprioceptive and balance training BAPS and trampoline
Closed chain activity
Calf raise

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Phase III: (4-6 weeks)

Goals:

Full ROM (pain-free)

Increase strength and power

Plan:

Continue Phase II exercises

Increase closed chain activities (step up, side, down)

Increase proprioception activity (sport cord)

Light jogging on trampoline