

## **Knee Arthroscopy Meniscectomy Protocol**

### **Goals:**

- Reduce pain/swelling
- Full knee ROM as soon as possible
- Full weight bearing as tolerated
- Normal gait (walking) without crutches/cane

### **0-2 weeks Post Op**

- Modalities as needed
- Stationary bike with high seat if needed and lower it to normal height when able
- Quad sets/SLR
- Chair Squats/Wall squats – keep tibia perpendicular to floor
- Open/Closed chain ex's (leg extensions, leg curls, leg press etc.)
- Step Ups – start with comfortable height and progress to normal step height as able
- BFR- Initiate after post op day 14

### **3 weeks Post Op**

- Continue as above
- Stairmaster, Versa climber, general cardio equipment
- Exercise affected leg only to develop symmetrical LE strength

### **5 Weeks Post Op**

- Continue as above
- May begin running if knee is not swollen or painful
- Plyometrics if needed

### **Return to Sport**

- When cleared by physician
- No pain/swelling
- Full ROM