**Physical Therapy Prescription-simple knee arthroscopy, meniscus debridement**

Surgery: knee arthroscopy, meniscus debridement

Evaluate and Treat per therapist plan 1-2 times/week for 16 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-1 weeks)

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Rest/Ice knee

Passive/Active knee ROM

Quadriceps isometrics

Partial WB with crutches until 1st PT visit

PHASE I (1-6 weeks)

GOALS:

Regain Full ROM, wean off crutches

Incision healing

EXERCISES/RESTRICTIONS:

Begin Formal Physical Therapy

**May wean off crutches when patient's swelling minimal and patient ambulates with normal gait, has full extension- Go slow with patients over 50 year to reduce risk of osteonecrosis.**

**Active/Passive Knee ROM - Do NOT force flexion the first 2 weeks to allow arthroscopic portals to heal adequately, especially if patient has posterior portals**

Quadriceps/hamstring strengthening

-wall slides, progress as tolerated

-step up/step down

Hip/CORE strengthening

Begin Proprioception exercises

Bike OK

Elliptical OK

Modalities

Teach home program

PHASE II (6-12 weeks)

GOALS:

Improve quadriceps strength

Improve flexibility

Progress towards sports

EXERCISES/RESTRICTIONS:

Active/Passive Knee ROM

Quadriceps/hamstring strengthening

-squat/leg press

-lunges

Hip/CORE strengthening

Advance Proprioception exercises

Bike OK

Elliptical OK

Begin running

Modalities

Teach home program

PHASE III (12-18 weeks)

GOALS:

Sports specific activities

EXERCISES/RESTRICTIONS:

Continue strengthening program

Quad/hamstring program

Continue running/gait evaluation