



# ADVANCED ORTHOPAEDIC SPECIALISTS



Dr. Chris Arnold  
Dr. David Yakin  
Dr. Terry Sites  
Dr. Mark Powell  
Dr. Kenton Hagan

## (Knee Scope)

### Arthroscopic Menisectomy/Chondral Debridement Rehab Protocol

	Weight Bearing	Range of Motion	Therapeutic Exercises
<b>Phase I</b> <b>0 - 2 Weeks</b> <i>PT 2x/week</i>	Crutches used 24-48 hours, or as needed advancing to full weight bearing as tolerated	Immediate full ROM should be attained	<b>Stretches:</b> quad stretch, seated hamstring stretch, gastrocnemius stretch (seated or standing), heel prop in supine or sitting. Stationary Bike. <b>Strengthening:</b> Ankle pumps, quad sets (with NMES as needed), Hip abduction in supine or long sitting (emphasize no extension lag), bilateral hamstring curls with light resistance, standing terminal knee extension, bilateral weight shifting all planes, unilateral standing on the involved lower extremity. <b>NO supine straight leg raises or standing leg raises.</b>
<b>Phase II</b> <b>2 - 4 Weeks</b> <i>PT 2x/week</i>	Full weight-bearing	Progress to full ROM	Continue Phase I stretches and strengthening. <b>Strengthening:</b> progress hamstring curl from bilateral to unilateral. Multi hip machine-emphasize unilateral hip extension and bilateral hip abduction. <b>Closed Chain Exercises:</b> Leg press-concentric unilateral (65-10°) light resistance. Leg press-eccentric (65-10°) progressive resistance. Mini-wall squats (0-40°) feet shoulder width with slight external rotation. Step ups-forward, lateral left/right, downward-progress from 4-6 inches and form using bilateral upper extremity support to none. Unilateral stance, progress to lock/unlock knee.
<b>Phase III</b> <b>4 - 6 Weeks</b> <i>AFP</i>	Full weight-bearing	Full ROM	Progress closed chain exercises, increasing resistance as tolerated. <b>Advanced Strengthening Exercises:</b> Vertical step ups. Minimize the participation of the uninvolved leg with the previously described step up exercises.