



ADVANCED ORTHOPAEDIC SPECIALISTS



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KNEE SCOPE

ARTHROSCOPIC MENISECTOMY/CHONDRAL DEBRIDEMENT REHABILITATION PROTOCOL

	Weight Bearing	Range of Motion	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	Crutches used for 24-48 hours, advance to full weight bearing as tolerated	Immediate full ROM should be attained	Heel slides, quad sets, co-contractions isometric ad/abduction ex., patellar mobilization, ankle strength <u>NO</u> supine straight leg raises
Phase II 2 - 4 weeks	Full weight-bearing	Progress to full ROM	Wall sits, lunges, balance exercises
Phase III 4 - 6 weeks	Full weight-bearing	Full ROM	Leg press, leg curls, squats, plyometric exercises