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THErapy PROTOCOL FOR KNEE ARTHROSCOPY WITH PARTIAL MENISCECTOMY

Note: While this is intended to be a guide, please tailor progression to the patient's surgical procedure and response to treatment. The diagnosis, the surgery performed, and the patient's pre-operative level all play important roles in the post-operative period. This protocol is a general timeline, and can be accelerated or decelerated according to each individual situation. The protocol is NOT intended to be a comprehensive outline of all activities and restrictions.

This therapy protocol is intended for current patients of Dr. Hansen who are actively under his care. Dr. Hansen reserves the right to change all or part of this protocol based on individual patient progress. Please contact our office if you have questions or concerns.

Thank you for your care of our shared patient!

Frequency: 2-3 times per week for 4-12 weeks

Most patients will complete therapy between weeks 4-6 in favor of a home program

General Information:

- Surgery may also include one or more of the following:
 - Chondroplasty
 - Lateral release
 - Partial synovectomy
- Emphasis on early ROM

1) Phase 1: Weeks 0-2

Goals: Decrease soreness and swelling, increase passive range of motion, inhibit muscle atrophy

- a) Precautions
 - i) Day 1-3: Use crutches as needed

- b) Day of surgery:
 - i) Heel pumps
 - ii) Cold therapy
- c) Weeks 0-2
 - i) PROM/AAROM/AROM as tolerated
 - ii) Stress early ROM
 - (1) Full extension by week 2
 - iii) Promote patella mobility

2) Phase 2: Weeks 2-4

Goal: normalize gait, full ROM

- a) Precautions
 - i) Limit activity advancement in the setting of recurrent effusion
- b) Weeks 2-4
 - i) Full AROM as tolerated
 - ii) Advance strengthening

3) Phase 3: Weeks 4-8

Goal: Progress to home program & full activity

- a) Weeks 4-6
 - i) Advanced strengthening and return to sport / work hardening
- b) Weeks 6+:
 - i) Full activity as tolerated

Guide to advance activity:

- 1-3 weeks: sedentary work if off narcotics
- 2-4 weeks: driving automatic car if L knee surgery
- 4 weeks: driving
- 3-6 weeks: return to unrestricted work