

Post-operative Rehabilitation Protocol

Arthroscopic Knee Surgery (Partial Meniscectomy, Chondroplasty, Debridement, Cartilage Biopsy)

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 6-8 weeks after surgery - Please begin physical therapy within 3-5 days after surgery - You will be weight bearing as tolerated with crutches until walking without a limp 		
	Range of Motion	Brace	Exercises
Protection Phase <i>Weeks 0 - 1</i>	Full active/passive ROM	Crutches for 3-5 days until gait normalizes	<u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Straight leg raises, heel slides, quad sets, calf pumps, patellar mobilizations
Therapy Phase 1 <i>Weeks 2 - 3</i>	Full, pain-free ROM	None	<u>Exercises</u> : Progress strengthening → Wall sits, lunges, balance exercises. Closed chain quad strengthening <u>Modalities</u> : E-stim, ice as needed
Therapy Phase 2 <i>Weeks 4+ Return to Sport</i>	Full, pain-free ROM	None	<u>Exercises</u> : Progress Phase 1 exercises. Endurance → Bike, elliptical, walk-jog progression Plyometrics → single leg hops, squat jumps Agility drills → ladder, progress functional sport-specific activities