PHYSICAL THERAPY PRESCRIPTION AND PROTOCOL:
Knee Arthroscopy with Meniscectomy or Debridement

Phase I – Maximum Protection (Week 0-1):
• Ice and modalities as needed to reduce pain and inflammation.
• Use crutches for 3 to 7 days, discontinue when patient able to walk without pain or a limp.
• Elevate the knee above the heart for 3 to 5 days.
• Weight bearing as tolerated immediately.
• Initiate patellar mobility drills.
• Begin full active / passive knee range of motion exercises.
• Multi-plane open kinetic straight chain leg raises and quad sets.
• Gait training.

Phase II: Stretching and Early Strengthening (Weeks 1-3):
• Continue with modalities and Phase I as indicated.
• Initiate lower extremity stretching.
• Stationary bike with high seat if needed and lower it to normal height when able
• Begin treadmill and/or elliptical trainer as strength and swelling allow. Avoid impact activities.
• Begin bilateral closed kinetic chain strengthening (e.g. leg press, extensions, curls); progress to unilateral as tolerated.
• Implement reintegration exercises and core stability program.
• Proprioceptive drills emphasizing neuromuscular control.

Phase III: Intermediate Strengthening and Proprioception (Weeks 3-5):
• Continue with modalities and Phase II as indicated.
• Advance duration on cardiovascular program; continue to avoid running and impact activities.
• Initiate gym strengthening program three times per week including leg presses, squats, lunges, knee extensions, hamstring curls, abduction and adduction exercises, and calf raises.
• Begin pool running program, if available.

Phase IV: Advanced Strengthening (Weeks 5-6):
• Implement a full gym-strengthening program.
• Begin running program.

Phase V: Return to Sports (Weeks 6-8):
• Follow-up examination with physician
• Continue aggressive lower extremity strengthening, stretching and cardiovascular training
• Implement sport-specific multi-directional drills
• Begin plyometric drills

Frequency: 2-3x per week
Duration: 6-8 weeks

Special instructions: __________________________________________________________

___________________________  __________________________
Todd C. Battaglia, MD, MS