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Syracuse Orthopedic Specialists, PC

Patient name: _____

Date: _____

**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: _____

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