



Knee Arthroscopy/Meniscectomy/Chondroplasty Rehabilitation Program

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Diagnosis: Right / Left Knee Arthroscopy _____

Date of Surgery: _____

Weeks 0-2:

- »» Weight bearing as tolerated without assist by 48 hrs post-op.
- »» ROM- progress through passive, active-assisted, active and resisted ROM as tolerated. (Goal of full extension by 2 weeks and 130 degrees of flexion by 6 weeks.)
- »» Patellar mobilization daily.
- »» Strengthening: Quad sets, SLRs, heel slides, heel raises, etc. No restrictions to hip/ankle strengthening.
- »» Modalities prn per therapist's discretion
- »» Heat before therapy, ice after per therapist's discretion

Weeks 2-6:

- »» Increase ROM as tolerated
- »» Strengthening: Increase closed chain activities to full motion arc. Add pulley weights, theraband etc. Avoid activities if anterior knee pain occurs.
- »» Progress activities as tolerated: wall sits, lunges, balance ball, lets curls, leg press, plyometrics, squats, core strengthening.
- »» Continue stationary bike and outdoor bike for ROM, strengthening and cardio
- »» Progress activities to full release after week 6.
- »» Continue modalities as indicated.
- »» Continue heat and ice as indicated.

For more information please visit: www.tsaog.com/drnuelle