Knee Arthroscopy/Meniscectomy/Chondroplasty Rehabilitation Program

Clayton W. Nuelle, MD

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