

Knee Arthroscopy with Meniscal or Chondral Debridement (no repairs)

DETAILED BRACE AND PHYSIOTHERAPY PRESCRIPTION:

	WEIGHT BEARING	ROM	THERAPEUTIC EXERCISES
Initial Post-op 1-14 days	Weight bear as tolerated using crutches (prn). Discontinue crutches when able to walk without a limp (approx. 7 days).	Full	ROM: Wall slides, Heel slides, Prone hangs/ Bridging Strengthening: Quad/Ham/Glut. sets, SLR, Toe raises Stretching- Calves, Quads, Hams, Hip flexors
Progressive Rehabilitation (2-4 weeks)	Full weight bearing without pain or limp.	Full	ROM: PROM as needed, Stationary bike Strengthening: SLR's x4 directions with weight, Squats/ Wall squats, Leg press/ Shuttle, Ham curls CV Conditioning: Stationary bike (high seat/low resistance initially), Swimming, Progressive running program (straight ahead jog, run, figure-eight, cutting, sprints, drills)
Sport Related Activities (4-6 weeks)		Full	Sports specific training if all symptoms have resolved and full ROM obtained.