Knee Arthroscopy

(partial meniscectomy/loose body removal/shaving chondroplasty/lateral release)

Dr. Austin Crow, Dr. Mark McCarthy

Patient_____ DOS_____

Chippewa Valley Orthopedics & Sports Medicine

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Chippewa Falls, WI 54729

Phase 1 – (0-2 weeks)	Phase 2 – (2-4 Weeks)	Phase 3 – (4–12 weeks)
WBAT – d/c crutches as normal gait mechanics are	PROM – Must have at least 90°, advance as	PROM – Full
restored	tolerated	
		AROM – Full
PROM - Goal: 0-115°, must have 90° to advance to	AROM – Advance as tolerated	
Phase 2		Exercises:
	Add IT Band/Hip Flexor stretches as needed	Continue previous
AROM – As tolerated		
	Balance/Proprioceptive Training	Begin to advance to plyometric, agility
Ham, Calf, Quad Stretches		drills, and sport specific drills
	Exercises:	
Exercises:	Continue previous	Begin running program
Quad Sets	Overball/Sportcord	
SLR	LAQ	Refer to advanced ACL rehab protocol for
Hip ABD/ADD/EXT	Lateral Step Ups	ideas on exercises and progression
Ankle Pumps	Front Step Ups	
Glut Sets	Step Downs	
Heelslides	Leg Press	
1/4 - 1/2 squats	Front/Lateral Lunges	
Stationary Bike	Stairmaster	
Total Gym	Elliptical	
M. J.177 J. J.	Treadmill	
Modalities as needed:		
E-stim NMES		
		Critaria to d/a from skilled thereny:
Any Questions? Please contact:		Criteria to d/c from skilled therapy: 1 – Normalized gait
Northwoods Therapy Associates		2 – Full and pain free ROM
Altoona, WI Chippewa Falls, WI		3 – Resolved edema
	1 2010	4 – Independence in HEP
(715) 839-9266 (715) 723-5060	November 2019	5 – Age appropriate balance/proprioception