

**Jeffrey Dean, MD
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**KNEE ARTHROSCOPY (Rehabilitative Guidelines)
PARTIAL MENISCECTOMY, PLICA EXCISION, LATERAL RELEASE, SYNOVECTOMY,
CHONDROPLASTY**

Revised January 2003

Post-op day 1-7

Dressing – POD 1: Debulk dressing, TED Hose in place

- POD 2: Change dressing, keep wound covered continue TED Hose
- POD 7-10: Sutures out, D/C TED Hose when effusion resolved

Crutches – WBAT (DC when gait is WNL – generally at 3-5 days)

Calf pumping

AROM, heel slides

Stationary bike for ROM – complete cycle as able

Quad sets, use Estim as needed

SLR x 4

Mini squats, weight shifts, in parallel bars

Hamstring curls – prone or standing without resistance

Double leg heel raises

Stretches – HS, AT

Ice with knee elevated and in extension after exercise

Goals – ROM 0-90, Good quad control (QS, SLR), Gait WNL, Effusion and pain controlled

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Week 1 – 2 and progress as tolerated

Continue TED hose for effusion PRN
– Especially with lateral release and synovectomy
Patellar mobilization
Scar massage when wounds healed
PROM, AAROM, AROM with goal of 130 degrees
SLR x 4 on mat – add ankle weights when quad control is maintained
Progress to Standing SLR x 4 with Theraband – bilaterally
Partial wall squats, mini squats
Hamstring curls with resistance
Leg press
Forward, lateral, and retro step downs in parallel bars
Single leg heel raises
Proprioceptive training – single leg standing, progress to single leg BAPS,
Ball Toss, and Body Blade
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Functional activities – Fitter, slide board
Stretches – HS, AT, Hip Flexors
Stationary bike for progressive resistance and time
Treadmill – Walking program progressing to 15 min/mile pace
Elliptical trainer
Pool therapy (when wounds well healed)

Goals – Full ROM, Walk 2 miles at 15 min/mile pace, Stair ambulation without pain or sensation of giving way

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Weeks 6 – 8

Continue strengthening, stretching and proprioceptive training
Running progression program
Functional training/agility drills

Goals – Run 2 miles at normal pace