

Steven Pancio, M.D.

www.PancioOrthopedics.com



Knee Arthroscopy: Partial Meniscectomy/Debridement

Goals:

- Reduce pain/swelling (ice 3x's daily for 15-20 minutes directly on knee)
- Full knee ROM as soon as possible
- Full weight bearing as tolerated
- Normal gait (walking) with out crutches/cane

0-2 weeks post op

- Modalities as needed
- Stationary bike with high seat if needed and lower it to normal height when able
- Quad sets/SLR
- Chair Squats/Wall squats – keep tibia perpendicular to floor
- Open/Closed chain ex's (leg extensions, leg curls, leg press etc)
- Step Ups – start with comfortable height and progress to normal step height as able

3 weeks post op

- Cont. as above
- Stairmaster, Versa climber, general cardio. Equipment
- Exercise affected leg only to develop symmetrical LE strength

5 weeks post op

- Cont. as above
- May begin running if knee is not swollen or painful
- Plyometrics if needed

Return to Sport

- When cleared by physician
- No pain/swelling
- Full ROM

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
PHASE III 4-8 weeks	Full	None	Full	Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program