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Knee Arthroscopy: Debridement / Meniscectomy

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