

## **Dr. Allen Simple Knee Arthroscopy, Partial Meniscectomy, Chondroplasty, & Loose Body Removal Post-Op Protocols**

### **Phase I: Acute Post-Op**

#### Week 0-1

- Leave dressings in place until POD #3
  - Ok to shower day after first dressing change
  - Don't soak wound, pat dry and cover with fresh bandage
- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean off within 3-5 days)
- Weight bearing as tolerated, wean from crutches as able
- Motion goals: 0-90° PROM
- Quad sets, heel slides, 4-way SLRs, calf raises, ankle pumps
- Stationary Bike
- Crutches as needed, wean off when able
- Gait training to restore normal gait

#### Weeks 1-2

- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Motion goals: 0-120°
- Stationary bike
- Strengthening
  - Short arc quads, prone hamstring curls

- Mini squats, bridges, clamshells, hip hikes
- Gentle stretching of all muscles

## **Phase II: Motion & Strengthening**

### Weeks 2-6

- First Post-Op visit at 2 weeks, will remove sutures at this visit
- Motion goals: Full ROM
- Continue stretching of all muscles
- Normal gait
- Closed chain strengthening
  - Leg press, squats, hip bridges, heel raises
- Balance:
  - Double leg, static progressing to dynamic, progress to single leg
- Low impact cardio

## **Phase III: Return to Activity**

### Weeks 6+

- Second post-op visit at 6 weeks
- Advance closed chain exercises
- Advance balance exercises
- Advance functional exercises
- Progress cardio to full running if tolerated
- Sport specific progression
  - Individual drills→competitive drills→non-contact→contact)