

Knee Arthroscopy Protocol 1

(Meniscectomy, Debridement, Osteoplasty)

- A. 0-2 weeks post-op
 - 1. Gait: WBAT
 - 2. ROM work to tolerance
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Exercise
 - a. Restore full ROM
 - b. Progressive OKC, CKC, Balance/proprioceptive work
 - c. Progressive hip and core work
 - d. Non-impact cardio work
- B. 2-4 weeks post-op
 - 1. Continue cryotherapy and modalities as indicated
 - 2. Transition to higher level OKC and CKC strength program
 - 3. High level proprioceptive exercises and light agilities
- C. 4-6 weeks post-op
 - 1. Jog progression
 - 2. Progressive agilities
 - 3. Progressive plyometric
 - 4. Sport specific activities
- D. 4-8 week post-op time period
 - 1. Return to sport