

Knee Arthroscopy

(partial meniscectomy/loose body removal/shaving chondroplasty/lateral release)

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Patient _____
 DOS _____

Phase 1 – (0-2 weeks)	Phase 2 – (2-4 Weeks)	Phase 3 – (4–12 weeks)
<p>WBAT – d/c crutches as normal gait mechanics are restored</p> <p>PROM - Goal: 0-115°, must have 90° to advance to Phase 2</p> <p>AROM – As tolerated</p> <p>Ham, Calf, Quad Stretches</p> <p>Exercises: Quad Sets SLR Hip ABD/ADD/EXT Ankle Pumps Glut Sets Heelslides ¼ - ½ squats Stationary Bike Total Gym</p> <p>Modalities as needed: E-stim NMES</p>	<p>PROM – Must have at least 90°, advance as tolerated</p> <p>AROM – Advance as tolerated</p> <p>Add IT Band/Hip Flexor stretches as needed</p> <p>Balance/Proprioceptive Training</p> <p>Exercises: Continue previous Overball/Sportcord LAQ Lateral Step Ups Front Step Ups Step Downs Leg Press Front/Lateral Lunges Stairmaster Elliptical Treadmill</p>	<p>PROM – Full</p> <p>AROM – Full</p> <p>Exercises: Continue previous</p> <p>Begin to advance to plyometric, agility drills, and sport specific drills</p> <p>Begin running program</p> <p>Refer to advanced ACL rehab protocol for ideas on exercises and progression</p>
<p>Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;">November 2019</div>	<p>Criteria to d/c from skilled therapy: 1 – Normalized gait 2 – Full and pain free ROM 3 – Resolved edema 4 – Independence in HEP 5 – Age appropriate balance/proprioception</p>