

Aaron J. Casp, MD

Sports Medicine, Hip, Knee, and Shoulder Surgery

1201 11th Ave S

Birmingham, AL 35205

Ph: (205) 930-8339

Knee Arthroscopy with Partial Meniscectomy Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none">• Decrease pain and effusion• Eliminate extensor lag• Normal gait mechanics• Improve ROM	No brace required Compression sleeve as tolerated	<ul style="list-style-type: none">• Passive and active ROM as tolerated with PT Modalities: <ul style="list-style-type: none">• NMES if unable to perform SLR without lag• Cryotherapy/compression	<ul style="list-style-type: none">• Quad sets• SLR with assist until no lag• Isometric sidelying abduction• Isometric hamstring sets• Ankle pumps• Gait training• Terminal knee extension
Phase 2 (2-6 weeks) Goals: <ul style="list-style-type: none">• No effusion• Improve strength and endurance• Full ROM		Modalities: <ul style="list-style-type: none">• Patellar mobs• Manual assist extension/passive stretch• Edema control	<ul style="list-style-type: none">• Bike for ROM• Leg press (bilateral, single, leg press with ball)• Squats• Progress to lunge• Forward and Lateral step-ups• Standing hip flexion, abduction, extension• Wobble board/Dyna-disc/Bosu balance• Dynamic proprioception beginning 4 weeks (agility, hopping)
Phase 3 (7+weeks) Goals: <ul style="list-style-type: none">• Return to full activities• Improve muscular power and endurance	Maintain ROM	Modalities: <ul style="list-style-type: none">• Ice/stim PRN	<ul style="list-style-type: none">• Bike, elliptical, stair master• Can running progression• Plyometrics: box jump up, even ground jumps, even ground hops, drop jumps, drop hops, depth jumps• Power movements: power clean, snatch, med ball slam variations, push press, banded jumps

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