

PT PROTOCOL: KNEE SCOPE/DEBRIDEMENT/PARTIAL MENISCECTOMY**I. Phase I (Max protection phase)**

Goals: reduce inflammation/effusion, allow early healing, full passive knee extension, gradually increase knee flexion, restore voluntary quad activation

- Stage 1: Immediate post-surgery (Days 1-10)
 - Ice, compression, elevation
 - Compression wrap dressing
 - Crutches as needed
 - PROM 0-90 (to tolerance)
 - Patellar mobilizations
 - Stretch hamstrings, calf, hip flexors
 - Strengthening exercises (electrical stim to quads):
 - Quad sets
 - SLR flexion
 - Hip abduction/adduction
 - Knee extension 90-40 deg
 - Mini squats 0-50/60 degrees
 - Avoid active resisted knee flexion

- Stage 2: Weeks 2-4
 - Discontinue crutches if using when gait safe and proper
 - Continue use of ice and compression/compressive wrap
 - ROM guidelines: gradually increase PROM as tolerated
 - Week 2: 0-125 degrees
 - Week 3: 0-135 degrees
 - Week 4: 0-145 degrees
 - Continue PROM exercises and stretching
 - Strengthening exercises:
 - SLR (all 4 planes)
 - Knee extension 90-0 degrees
 - CKC mini-squats 0-45 degrees
 - CKC wall squats 0-60 degrees
 - Initiate CKC exercises
 - Lateral and front step overs
 - Lateral lunges
 - Step downs (lateral)
 - Step downs (front)
 - Bicycle
 - Pool exercises (once incision is closed)

II. Phase II (Week 3 – 6)

- Goals: full PROM, minimal to no swelling/inflammation, restore quad strength, gradually increase functional activities

- Continue use of ice and compression as needed
- Continue ROM and stretching to maintain 0-135 degrees
- Progress strengthening exercises
 - Leg press 70-0 degrees
 - Knee extension 90-40 degrees
 - Hip abd/adduction
 - Wall squats 0-70 degrees
 - Vertical squats 0-60 degrees
 - Lateral step-ups
 - Front and lateral lunges
 - Hamstring curls
- Balance/proprioception training
 - Biodex stability
 - Squats rocker board
 - Cup walking (step overs)
 - Standing on foam single leg
- Bicycle/elliptical (ok to begin running if cleared by physician)

III. Phase III – Advanced activity phase (Week 6 – 8)

- Goals: improve strength and endurance, maintain full ROM, gradually increase applied stress
 - Week 6
 - Continue all strengthening exercises listed above
 - May initiate stair stepper
 - Treadmill walk/run program
 - Week 7
 - Continue strengthening and stretching program

IV. Phase IV – Return to activity phase (Week 8 and beyond)

- Goals: improve strength and endurance, prepare for unrestricted activities
 - Criteria to progress to Phase IV:
 - Full non-painful ROM
 - No pain or tenderness
 - Satisfactory clinical exam
 - Satisfactory isokinetic test
 - Exercises
 - Continue and progress all strengthening exercises and stretching drills
 - Gradually add in deep squatting and straight line running
 - Then once doing those without issues, add in pivoting/cutting/agility
 - Complete return to sport specific exercises and movements