

## Knee Arthroscopy

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

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

Phase 1 – Acute Phase	Phase 2 – Internal Phase	Phase 3 – Advanced Activity Phase
<p><b>WBAT</b> – d/c crutches as normal gait mechanics are restored</p> <p><b>PROM</b> - Goal: 0-115°, must have 90° to advance to Phase 2</p> <p><b>AROM</b> – As tolerated</p> <p>Ham, Calf, Quad Stretches</p> <p><b>Exercises:</b>                      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><b>PROM</b> – Must have at least 90°, advance as tolerated</p> <p><b>AROM</b> – Advance as tolerated</p> <p>Add IT Band/Hip Flexor stretches as needed</p> <p>Balance/Proprioceptive Training</p> <p><b>Exercises:</b>                      Continue previous                      Overball/Sportcord                      LAQ                      Lateral Step Ups                      Front Step Ups                      Step Downs                      Leg Press                      Front/Lateral Lunges                      Stairmaster                      Elliptical                      Treadmill</p>	<p><b>PROM</b> – Full</p> <p><b>AROM</b> – Full</p> <p><b>Exercises:</b>                      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:  <b>Northwoods Therapy Associates</b>                      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>