



Knee Arthroscopy with Meniscal Debridement Rehabilitation Protocol for Physical Therapy

Week 1:

Can begin weightbearing as tolerated
Pain management
Control of effusion / edema
Quadriceps recruitment
ROM exercises with no restriction
Flexibility exercises
Should achieve full extension and ability to SLR with no extensor lag

Week 2-3:

Initiate strengthening exercises
Incorporate endurance, proprioception, and flexibility exercises
Should have full range of motion
Should be ambulating with no limp by about 2 weeks postop

Week 4-8:

Can get in a pool at 4 weeks (portal sites likely ok by then)
Sport / activity specific exercises
Initiate jogging by 4 weeks but back to sport between 6-8 weeks
Should have no pain with strengthening exercises
Functional testing and Quadriceps strength should be 85% of uninvolved knee

In general, patients can be advanced as tolerated without real restrictions.