

**Knee Arthroscopy Partial Meniscectomy
 Rehabilitation Protocol**

By James L Chen, MD

Phase	Time	Exercises/Activities/RESTRICTIONS	Goals
Early Post operation	0-1 weeks	Rest/Ice knee Passive/Active knee ROM Quadriceps isometrics Use crutches for assistance for 1 week	Pain and swelling control
Phase I	1-6 weeks	<u>Begin Formal Physical Therapy</u> Active/Passive Knee ROM Quadriceps/hamstring strengthening -wall slides, progress as tolerated -step up/step down Hip/CORE strengthening Begin Proprioception exercises Bike OK Elliptical OK Modalities Teach home program	Regain full ROM
Phase II	6-12 wks	Active/Passive Knee ROM Quadriceps/hamstring strengthening -squat/leg press -lunges Hip/CORE strengthening Advance Proprioception exercises Bike OK Elliptical OK Begin running Modalities Teach home program	Improve quadriceps strength Improve flexibility Progress towards sports
Phase III	12-18 wks	Continue strengthening program Quad/hamstring program Continue running/gait evaluation	Sports specific activities Running pain free

Post Operative Instructions

ON THE DAY OF SURGERY:

Ice: Use ice or the cold therapy unit over the leg for 15 minutes every 1 to 2 hours to decrease pain and inflammation.

Pain medication: You will be given a prescription for a narcotic for pain control. Begin taking the pain medication as prescribed as soon as you have pain. Do not wait until you are in severe pain before taking them as it takes 30 to 45 minutes to work. You should be able to stop taking the pain medicine within two to three weeks. Avoid taking Tylenol while you are taking the narcotic as they both contain acetaminophen which can be dangerous to your liver in high amounts.

Eating: Begin eating with liquids and light foods (jello, soup, bread). Progress to your normal diet slowly over the 24 hours following surgery. The narcotics can make you nauseous, so take them with food whenever possible.

DAY 1 AND UNTIL POST-OP VISIT:

Dressings: Keep the dressing on the surgical site until your first post-operative visit— usually 5-7 days after your surgery. This decreases the risk of post-operative infection. Do not put ointment on your incisions.

Bathing: You may sponge bathe following the surgery. You can also shower with a plastic garbage bag around the leg, but you must keep the dressing absolutely dry. Do not bathe in a tub. Once the sutures are removed you may shower or bathe and get the incision wet. Do not swim in a pool or the ocean until instructed by your surgeon.

Crutches: Continue to use the crutches until your first post operative visit or until instructed by your doctor.

Brace: If you receive a brace, you may discontinue it when you are walking comfortably.

Driving: Do not drive until instructed to do so.

Therapy: Contact a physical therapist prior to surgery to begin formal physical therapy approximately 5-10 days following your surgery.

It is normal to experience some swelling in the knee and leg. To decrease this, keep your leg elevated above the level of your heart as much as possible.

Avoid putting a pillow behind your knee as this can cause problems getting your knee straight.

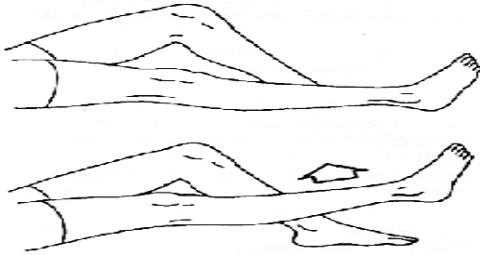
Please call the office (415) 900-3000 if you have questions or any of the following:

- Fever greater than 101.5 or 38.5 degrees
- Continuing drainage from the wound
- Unrelenting pain
- Excessive nausea/vomiting due to pain medication
- ANY other worrisome condition

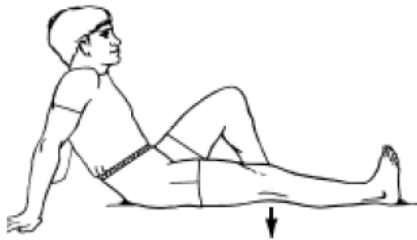
Post Operative Instructions: Knee Surgery

EXERCISES: START POST-OPERATIVE DAY 1:

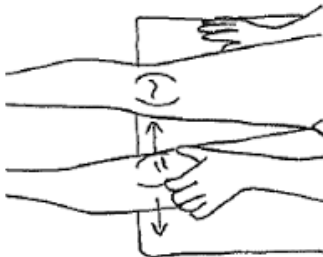
1. **Straight Leg Raises.** Lift your leg about twenty-four (24) inches off the ground and hold it for 10 seconds. Do a minimum of three (3) sets of ten (10) repetitions. Make sure you do this with your brace locked in full extension.



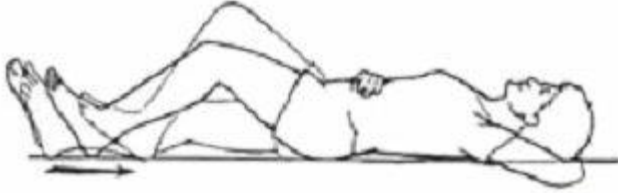
2. **Quad Sets.** With this exercise, you tighten your thigh muscles and hold for five (5) seconds. Do a minimum of three (3) sets of ten (10) repetitions. When you tighten your thigh muscles, it will feel like your knee is being pushed into the ground. Make sure you do this with your brace locked in full extension.



3. **Move your kneecap (patella) side to side.** Move the kneecap toward the inner side of your leg and hold it for five (5) seconds. Do three (3) sets of ten (10) repetitions in each direction. This will be harder to do until the bandages are removed.



4. **Heel Slides.** (bending the knee) slide your heel toward your buttock. This may be assisted by using a towel to pull your foot.



5. **Bridging Exercises.** Roll a towel and put it under your heel with nothing under your knee. Keep this position for 5 to 10 minutes. You can assist this by resting your hand on your thigh, near the knee.



6. **Calf Pumps.** Move both ankles up and down, at least 10 times an hour until you are up and around regularly to encourage blood flow in the lower legs and reduce the risk of DVT (blood clot).

