



KNEE ARTHROSCOPY: MENISCECTOMY / LYSIS OF ADHESIONS / CHONDROPLASTY / FAT PAD RESECTION / PLICA RESECTION

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

Procedure(s): Right/Left Knee Arthroscopy
Partial Meniscectomy/Debridement
Fat Pad/Plica Debridement

Accessory Procedure (circled if applicable):

Lysis of Adhesions (LOA) with Manipulation Under Anesthesia (MUA)

Evaluate and Treat – no open chain or isokinetic exercises

Provide patient with home exercise program



Frequency: _____x/week x _____weeks

Phase I (Weeks 1-2)***: Initial recovery.

- ◆ **Weight bearing as tolerated without assist by 48 hours post-op.**
- ◆ **ROM:** Progress through passive, active and active-assisted ROM as tolerated
 - Goal: Full extension by 2 weeks, 130 degrees of flexion by 6 weeks
- ◆ **Patellar mobilization daily**
- ◆ **Strengthening:** quad sets, SLRs, heel slides, etc.. No restrictions to ankle/hip strengthening.

****If a lysis of adhesions (LOA) and manipulation under anesthesia (MUA) was performed at the same time, patient needs to wear a knee immobilizer (or hinged knee brace, locked in extension) at all times except during PT and for hygiene. CPM is usually ordered for 2-4 hrs per day x 6wks.*

Phase II (Weeks 2-6)***: Advance ROM and strengthening.

- ◆ **ROM:** Continue with daily ROM exercises
 - Goal: Increase ROM as tolerated; aggressive end-range stretching as tolerated
- ◆ **Strengthening:** Begin and advance closed chain strengthening to full motion arc.
 - Add pulley weights, theraband, and other modalities as per PT discretion.
 - Advance to wall sits, lunges, balance ball, leg curls, leg press, plyometrics as tolerated.
 - Continue stationary bike and biking outdoors for ROM, strengthening, and cardio. Progress to sport-specific activities as tolerated.
 - Monitor for anterior knee symptoms, modulating exercises as necessary.

□

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Other:



- Modalities
- Heat before/after
- May participate in aquatherapy after week three, begin aqua-running week 6
- Electrical Stimulation
- Ice before/after exercise
- Ultrasound

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient would would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD