Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Knee Arthroscopy, Debridement (Meniscectomy, Chondroplasty, Loose Body Removal

Phase I:
0-2 weeks

- Brace: None - crutches for 24-48 hours, d/c when gait normalizes
- ROM: full active/passive ROM
- Weightbearing: full WBAT
- Exercises:
  - Straight leg raise
  - Heel slides
  - Quad sets
  - Calf pumps
  - Patellar mobilization

Phase II:
2-6 weeks

- Brace: None
- ROM: full active/passive ROM - progress until full
- Weightbearing: full WBAT
- Exercises:
  - Wall sits
  - Lunges
  - Balance exercises
  - Closed chain quad strengthening
  - Modalities PRN

Phase III:
6+ weeks

- Brace: None
- ROM: full active/passive ROM - progress until full
- Weightbearing: full WBAT
- Exercises:
  - Sport-specific training
  - Return to sport-- MD directed
  - Modalities PRN

Phone: 201-639-6620