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Knee Arthroscopy/Meniscectomy/Chondroplasty Protocol

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PHASE I - 1-14 Days: Control of effusion, ROM, Normalize gait, SLB 30 sec.

Gait: WBAT with crutches, D/C crutches when able to walk with out a limp (goal 1-4 d post-op)

Achieve full ROM as tolerated, goal for full ROM 1-2 weeks post-op, full extension within 1 week

Exercises:

ROM: Wall slides, heel slides, stationary bike.
Extension: prone hangs, heel sags if not equal to opposite side.
Strengthening: Quad/Ham/Glut. sets, SLR x 4, Toe raises, leg curls, assisted squats, leg press/shuttle, hip and core strengthening
Stretching: Calves, hams, quads, hip flexors
Function: Progressive static/dynamic SLB
Gait: Normalize
Modalities: Ice, IFC prn
Aquatics: Address problem areas

Phase II – 2- 4 Weeks: No gait deviations, AROM approaching opposite side

Exercises:

ROM: PROM as needed
Strengthening: SLR's x4 with weight, wall squats, leg press, ham curls; hip and core strengthening
Proprioceptive Ex: Dynamic SLB reach progressing below waist level, less stable surfaces, with perturbations
CV Conditioning: Stationary bike, treadmill, stairmaster, swimming, progressive running program
Aquatics: Address problem areas
Function: Step-ups, medial step-downs
Gait: On land or in pool as needed, all directions

Phase III – 4-6 Weeks

Full ROM equal to opposite side

Increase eccentric neuromuscular control to allow acceptance of impact activities

Exercises:

Strengthening/Proprioceptive/Function: Sport specific activities