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**CENTRAL INDIANA
 ORTHOPEDICS**

Knee Arthroscopy

(Partial Meniscectomy, Plica Excision, Lateral Release, Synovectomy, Chondroplasty)

Post-op Days 1 - 7

- TED Hose - Continue until swelling resolved
- Crutches - weight bearing as tolerate (WBAT)
(DC when gait is normal - generally at 3-5 days)
- Patellar mobilization as needed (teach patient)
- Calf pumping
- AAROM, AROM, heel slides as tolerated
- Quad sets - Electrical stimulation as needed
- Short Arc Quads
- Straight leg raise (SLR) x 4 directions
- Mini squats 0-45 degrees in parallel bars
- Hamstring curls - Standing, without resistance
- Double leg heel raises
- Stationary bike for range of motion - Complete cycle as able
- Stretches - HS, Hip Flexors, ITB
- Ice Pack with knee elevated and in extension after exercise

Goals

- Pain and swelling controlled
- ROM 0-90 degrees

Weeks 1 - 3

- TED Hose - Continue until swelling resolved
- Continue appropriate previous exercises
- AAROM, AROM through full range
- SLR x 4 on mat - Add ankle weights when quad control is maintained
 - Progress to standing with light Theraband bilaterally
- Wall squats 0-60 degrees
- Leg press 0-60 degrees with light resistance
- Hamstring curls on weight machine with light resistance
- Forward, lateral and retro step downs in parallel bars (small step)
- Single leg heel raises
- Stationary bike - Progressive resistance and time

Goals

- Full ROM
- Normal gait



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**CENTRAL INDIANA
ORTHOPEDICS**

Weeks 3 - 6

- Continue appropriate previous exercises with increased range and resistance
- Forward, lateral and retro step downs (medium to large step)
- Hip weight machine x 4 bilaterally
- Knee extension weight machine
- Proprioceptive training - Single leg BAPS, ball toss and body blade
- Fitter
- Slide board
- Treadmill - Walking progression program
- Elliptical trainer
- Pool therapy

Goals

- Walk 2 miles at 15 min/mile pace
- Stair ambulation without pain or sensation of giving way

Weeks 6 - 10

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Stairmaster
- Treadmill - Running progression program
- Transition to home / gym program

Goals

- Return to all activities