**Knee Arthroscopy: Debridement/ Meniscectomy**

Goals:

* Reduce pain/swelling (ice 3x’s daily for 15-20 minutes directly on knee)
* Full knee ROM as soon as possible
* Full weight bearing as tolerated
* Normal gait (walking) without crutches/cane

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| Post op Time: | Exercise Progression |
| Week 0-2 | * Modalities as needed * Stationary bike with high seat if needed and lower it to normal height when able * Quad sets/SLR * Chair squats/wall squats: keep tibia perpendicular to floor * Open/closed chain ex’s (leg extensions, leg curls, leg press etc) * Step ups – start with comfortable height and progress to normal step height as able |
| Week 3 | * Continue as above * Stairmaster, versa climber, general cardio equipment * Exercise affected leg only to develop symmetrical LE strength |
| Week 5 | * Continue as above * May begin running if knee is not swollen or painful * Plyometrics if needed |
| Return to Sport | * When cleared by physician * No pain/swelling * Full ROM |