



Knee Arthroscopy with Meniscus Debridement

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PHASE I: EARLY ROM

(0 to 3 weeks after surgery)

- Patients may shower post-op day # 2.
- Sutures will be removed by surgeon in 7 to 10 days.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Crutches will be provided after surgery and patients may be weight bearing as tolerated.
 - The patient may wean from the uses of crutches as tolerated
- Initiate exercise program 3 times per day:
 - Knee ROM including active, passive and active assist.
 - Quad Sets and straight leg raises
 - Ace wrap may be utilized to reduce swelling.

PHASE II: PROGRESS ROM & STRENGTHENING

(4 to 6 weeks after surgery)

- May begin swimming and utilizing baths once skin incisions have completely healed
- May begin stationary bike and elliptical training
- Advance active and passive ROM to tolerance.
- Continue strengthening including straight leg raises and quad sets

PHASE II: PROGRESS ROM & STRENGTHENING

(4 to 6 weeks after surgery)

- May Advance to full activity including running when painless full ROM of the knee is attained and at least 80% strength of the opposite leg