

Randy Clark, MD
 Revere Health Coral Desert Orthopedics
 2825 south mall drive
 St. George, UT 84790
 435-628-9393 phone
 435-628-9382 fax

Knee arthroscopy/ meniscectomy/ debridement

Physical Therapy Protocol

Randy Clark MD

	WEIGHT BEARING	Range of Motion	Goals	EXERCISES
0-2 weeks	Weight bearing as tolerated	Full ROM	1-dec pain 2-dec swelling 3-quad control 4-full ROM	1- straight leg raises 2- calf pumps 3- cold therapy 4- wall slides, prone hangs
2-4 weeks Physical Therapy to start at 2 weeks	Weight bearing as tolerated	Full ROM	1-normal gait 2-normal strength	1- stationary bike 2- closed chain strengthening 3- CV conditioning
4-12 weeks	Ok to begin jogging if good quad strength	Full ROM	1- Symmetric quad girth and strength 2- Normal running gait 3- Progress into sport specific activities	1- Closed chain strengthening program 2- Advance functional training program Return to Sports: 1- >80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 3-physician clearance