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Knee Arthroscopy Microfracture

Physical Therapy Protocol

The physical therapy rehabilitation program following arthroscopic partial or complete meniscectomy will vary in length depending on factors such as:

- Acute versus chronic condition
- Location of the meniscus tear
- Articular cartilage and ligamentous involvement
- Strength and range of motion status
- Performance and activity demands

The rehabilitation program is presented in three phases. The first phase focuses on decreasing pain and swelling, and exercises to achieve full range of motion (ROM). The second phase concentrates on regaining strength while the final phase prepares the patient for full return to activities.

PHASE I

- Non-weightbearing for 6 full weeks
- Modalities as needed to decrease pain and swelling
- Heel slides to increase flexion ROM, as needed
- Isometric hip adduction
- Quadriceps sets
- Static weight lifts
- Hamstring curls
- Hip adduction and abduction, as tolerated
- SportCord exercises: knee extension,

PHASE II (>6weeks)

- Continue ROM and strengthening exercises, as needed
- Add step-downs/ups, lunges, and/or partial squats as tolerated
- Add eccentric quadriceps and hamstring exercises
- Begin balance mini-trampoline, progressing to treadmill
- Increase resistance on stationary bicycle

PHASE III (>12weeks)

- Continue strengthening exercises
- Progress to outdoor running (e.g., track) and agility drills
- Add plyometric exercises as needed
- Begin practicing skills specific to the activity (i.e., work, recreational activity, sport, etc.)