

KNEE ARTHROSCOPY – PARTIAL MENISECTOMY WITH OR WITHOUT SHAVING CHONDROPLASTY

General Considerations:

- Ice, elevation, and NSAIDs for pain and edema control

General Protocol

- Weight bearing as tolerated immediately post-op
- Crutch use x 3-7 days, dependant on swelling
- ROM exercises and isometrics begin ASAP post-op
- No restrictions with PT unless noted by MD
- Aggressive ROM
- Quad/Hamstring strength
- Stationary bike
- Return to activities within 6-8 weeks
- Recommend cross training if early degenerative changes of articular cartilage