

heekin orthopedic S P E C I A L I S T S

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KNEE ARTHROSCOPY (PARTIAL MENISCECTOMY, PLICA EXCISION, LATERAL RELEASE, SYNOVECTOMY, DEBRIDEMENT) PHYSICAL THERAPY PROTOCOL

Preoperative Visit

- Discuss role of Physical Therapy post-operatively
- Teach normal heel-toe gait with crutches on level surfaces and stairs
- Instruct in knee strengthening, ROM, and stretching exercises (post-op protocol)
- Instruct in PRICE
- Discuss importance of post-op portal site management to prevent adhesions/pain
- Schedule postoperative follow-up

Note: Exercise prescription is dependent upon the tissue healing process and individual functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.

Phase I (Post-op Days 1 – 7)

- Gait Training: Good heel-toe gait using crutches – WBAT (DC crutches when good quad control and normal gait)
- Patellar mobilizations
- Friction massage to portal sites when healed
- Calf pumping
- AAROM and AROM knee
- Stationary bike for ROM – complete cycle as able
- Quad sets, use Estim as needed
- SLR x 4
- Standing Well-leg Theraband exs (all 4 directions)
- Mini squats, weight shifts, in parallel bars
- Balance (single leg standing)
- Hamstring curls – prone or standing
- Double leg heel raises...progress to single leg
- Stretches – HS, Achilles, quads, hip flexors

- Ice with knee elevated and in extension after exercise

Goals to Progress to Phase II: ROM 0-90, SLR without lag, normal heel-toe gait, effusion and pain controlled

Phase II – begin when Phase I goals are met and progress as tolerated

- Full WB with normal heel-toe gait
- Continue bike (increase time, gradually increase resistance if pain free)
- Treadmill – Walking program progressing to 15 min/mile pace
- Elliptical trainer
- Patellar mobilizations
- Portal site massage
- Continue to progress closed chain exercises...Begin leg press
- Wall sits (lower position...to 90 degrees if tolerated. Increase time to 3 minutes)
- Lateral step-downs
- Hamstring curls with resistance
- Single leg heel raises
- Proprioceptive training –single leg BAPS, Plyoback, and Body Blade, etc
- Functional activities – Fitter, slide board, lateral shuffles, figure 8, etc
- Continue stretches
- Pool therapy (when wounds well healed)
- Gym Program for closed chain strengthening

Goals for Progression to Phase III: Full ROM, Walk 2 miles at 15 min/mile pace, stair ambulation without pain or giving way, minimal swelling, at least 3 minutes in wall sit position

Phase III – When Phase II goals are met

- Continue progressing strengthening, stretching and proprioceptive training
- Running progression program (Walk-to-Jog handout)
- Progress functional training/agility drills/sports-specific drills
- Return to sports as tolerated

Goals: Run 2 miles at normal pace without pain, swelling, or giving out; quad strength of involved LE within 80% of uninvolved LE (single leg hop, 12 meter hop for time)