



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

KNEE ARTHROSCOPY: MENISCECTOMY / LYSIS OF ADHESIONS / CHONDROPLASTY / FAT PAD RESECTION / PLICA RESECTION

PHYSICAL THERAPY PROTOCOL

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Patient Name: _____ **Date of Surgery:** _____

Procedure(s): **Right/Left Knee Arthroscopy
Partial Meniscectomy/Debridement
Fat Pad/Plica Debridement**

Accessory Procedure (circled if applicable):

Lysis of Adhesions (LOA) with Manipulation Under Anesthesia (MUA)



__ Evaluate and Treat – no open chain or isokinetic exercises

__ Provide patient with home exercise program

Frequency: _____x/week x _____weeks

__Phase I (Weeks 1-2)***: *Initial recovery.*

◆Weight bearing as tolerated without assist by 48 hours post-op.

◆ROM: Progress through passive, active and active-assisted ROM as tolerated

- Goal: Full extension by 2 weeks, 130 degrees of flexion by 6 weeks

◆Patellar mobilization daily

◆Strengthening: quad sets, SLRs, heel slides, etc.. No restrictions to ankle/hip strengthening.

****If a lysis of adhesions (LOA) and manipulation under anesthesia (MUA) was performed at the same time, patient needs to wear a knee immobilizer (or hinged knee brace, locked in extension) at all times except during PT and for hygiene. CPM is usually ordered for 2-4 hrs per day x 6wks.*

__Phase II (Weeks 2-6)***: *Advance ROM and strengthening.*

◆ROM: Continue with daily ROM exercises

- Goal: Increase ROM as tolerated; aggressive end-range stretching as tolerated

◆Strengthening: Begin and advance closed chain strengthening to full motion arc.

- Add pulley weights, theraband, and other modalities as per PT discretion.
- Advance to wall sits, lunges, balance ball, leg curls, leg press, plyometrics as tolerated.
- Continue stationary bike and biking outdoors for ROM, strengthening, and cardio. Progress to sport-specific activities as tolerated.
- Monitor for anterior knee symptoms, modulating exercises as necessary.



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___ Other:

- ___ Modalities ___ Electrical Stimulation ___ Ultrasound
- ___ Heat before/after ___ Ice before/after exercise
- ___ May participate in aquatherapy after week three, begin aqua-running week 6

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would ___ would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD