

Knee Arthroscopy with Meniscal Debridement

Post-op visits:

- 2w, 6w, 12w

Xrays:

- 2w visit and then only if injury occurs thereafter

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2 after surgery

Brace/Crutch Use	• Full weight bearing allowed; no brace necessary • May discontinue crutches when ready
Range of Motion	• Full motion allowed
Exercises	• No strengthening • Start Phase I Home Exercise Program – knee ○ Quad sets; patellar mobilization, straight leg raise, calf pumps, heel slides, calf raises, lateral leg raise
Misc	• Dressings: may remove dressings on day 2-3 after surgery, ok to start showering (do not soak, scrub, or submerge the incision for 4w). May replace dressings if desired • Take aspirin to prevent blood clot for 6 weeks after surgery (81mg twice daily) • Ice 3-4x per day; have a towel between your knee and ice

Weeks 2-4 after surgery

Brace/Crutch Use	• Full weight bearing allowed; no brace necessary
Range of Motion	• Full motion allowed
Exercises	• May start strengthening and weight-lifting as wanted
Misc	• Do not submerge incision for 4 weeks after surgery • Continue taking aspirin twice daily for 6 weeks after surgery

Weeks 4+ after surgery

Brace/Crutch Use	• Full weight bearing allowed; no brace necessary
Range of Motion	• Full allowed



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Exercises

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| <ul style="list-style-type: none">• Continue strengthening and phase III exercises until quadriceps strength ~90% of contralateral side• Return to all sports and activities• May now get in a pool |
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