**Dr Kevin Murphy Post Op Knee PT Protocol:**

**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

· 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

· 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 pacewithout pain, swelling, or giving out; quad strength of involved LE within 80% of uninvolved LE (single leg hop, 12 meter hop for time)