

PHYSICAL THERAPY PRESCRIPTION



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PATIENT STICKER

KNEE ARTHROSCOPIC DEBRIDEMENT PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Meniscectomy (medial / lateral)

Chondroplasty / Removal of Loose Bodies

Plica Excision

Postop	Goals	Precautions	Exercises
Weeks 0-2 HEP daily	Edema and pain control Maintain full extension Limit quad inhibition ROM 0-90°	WBAT Avoid prolonged standing/walking	Quadriceps isometrics & re-education Patella mobilization Emphasize full passive extension P/A/AAROM flexion/extension Proprioception training Hip progressive resisted exercises
Weeks 2-4 HEP daily	Full ROM Minimal swelling Normalize gait Ascend/Decent 8" stair Reciprocate stairs Return to normal ADLs	WBAT Avoid pain with therapeutic exercises and functional activities	Continue above Advance flexibility and proprioception Initiate running when able to descend 8" step without pain/deviation Cycling, elliptical, running as tolerated
Weeks 4-8 HEP daily	Full ROM Maximize strength/flexibility Run pain-free Return to sports	WBAT Avoid pain with therapeutic exercises and functional activities	Continue above Advance sports-specific exercises as tolerated Plyometrics Advance proprioception Maintenance core, glutes, hip, and balance program

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**