

PT Protocol:
Knee Arthroscopy with:
☐ Debridement
☐ Chondroplasty
☐ Partial Meniscectomy

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		Weeks after surgery							
MOTION RESTRICTION	ROM & Muscle Initiation	1	2	3	4	5 - 7	8 - 10	11-13	14+
	Flexion/Extension – Wall slide								
	Flexion/Ext – seated/calf assisted								
	Patella/Tendon mobilization								
	Extension mobilization (no hyperext)								
BRACE SETTINGS	Quad sets								
	Standing terminal knee extension								
	Hamstring sets								
	Sit and reach for hamstrings (no hypertext)								
	Ankle pumps								
Weight Bearing status	Bike with no resistance								
	Progress to Endurance: 5+ weeks & ROM >125 ⁰ , Quad set that terminally extends the knee								
	Muscular Endurance 3 x 15, 45s rest					5 – 7+			
	Lateral band stepping								
	Single leg leg press								
	Squat progression								
	RDL								
	Tuck squat								
	Progress to strength: 8+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference								
	Muscular Strength 3 x 10 120s rest						8-10+		
	Lateral band stepping								
	Single leg leg press								
	Hex bar squat								
	Kettlebell deadlift								
	Elevated split squat								
	Progress to power: 11+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference								
	Muscular Power 3 x 6, 180s rest							11-13+	
	Front squat								
Barbell deadlift									
Split jumps									
Sled drags									
Progress to running: 14+ weeks & Triple hop distance >90% of unaffected side									
Running, Speed & Agility								14+	
Running progression									
Ladder footwork drills									
Forward & backward cone drills									
Lateral cone drills									
High Level Activities							10+		
Golf, outdoor biking									
Clearance for other activities made by Dr. Haber and based on different factors including passing the included progression criteria									