



TJ Ridley, MD

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Knee Arthroscopy (included Meniscectomy, Lateral Release, Chondroplasty)

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> • Full ROM, no quad lag 	<ul style="list-style-type: none"> • No Brace – ACE wrap full time • WBAT 	<ul style="list-style-type: none"> • Full A/PROM as tolerated • Patellar mobilization • Modalities PRN 	<ul style="list-style-type: none"> • Modalities as needed • Stationary bike with high seat if needed and lower it to normal height when able • Quad sets/SLR • Chair Squats/Wall squats – keep tibia perpendicular to floor • Open/Closed chain ex's (leg extensions, leg curls, leg press etc.) • Step Ups – start with comfortable height and progress to normal step height as able
Phase 2 (week 2-4) Goals: <ul style="list-style-type: none"> • Full ROM, moderate proprioception 	<ul style="list-style-type: none"> • FWB as tolerated 	<ul style="list-style-type: none"> • Full A/PROM • Patellar mobilization • Modalities PRN 	<ul style="list-style-type: none"> • Progress strengthening from phase 1 as tolerated • Begin proprioception exercises • BFR- Initiate post op day 15
Phase 3 (week 4-6) Goals: <ul style="list-style-type: none"> • Run 2 miles at normal pace 	<ul style="list-style-type: none"> • FWB 	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Start walk-run program • Continue to progress strengthening as tolerated – no restrictions