

UCSF Physical Therapy Referral

Surgery: Knee arthroscopy, meniscus debridement/chondroplasty

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-1 weeks)

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Rest/Ice knee

Passive/Active knee ROM

Quadriceps isometrics

WBAT with crutches until 1st PT visit

PHASE I (1-6 weeks)

GOALS:

Regain Full ROM, wean off crutches

EXERCISES/RESTRICTIONS:

Begin Formal Physical Therapy

May discontinue crutches when patient's swelling minimal and patient ambulates with normal gait, has full extension. Go slow with patients over 50 year to reduce risk of osteonecrosis.

Active/Passive Knee ROM

Quadriceps/hamstring strengthening

-wall slides, progress as tolerated

-step up/step down

Hip/CORE strengthening

Begin Proprioception exercises

Bike OK

Elliptical OK

Modalities

Teach home program

PHASE II (6-12 weeks)

GOALS:

Improve quadriceps strength

Improve flexibility

Progress towards sports

EXERCISES/RESTRICTIONS:

Active/Passive Knee ROM

Quadriceps/hamstring strengthening

-squat/leg press

-lunges

Hip/CORE strengthening

Advance Proprioception exercises

Bike OK

Elliptical OK

Begin running

Modalities

UCSF Orthopaedic Institute

1500 Owens Street Ste 170 | San Francisco, CA 94158

Phone: 415-353-2808 | Fax: 415-353-7593 | orthosurg.ucsf.edu

UCSF Physical Therapy Referral

Teach home program

PHASE III (12-18 weeks)

GOALS:

Sports specific activities

EXERCISES/RESTRICTIONS:

Continue strengthening program

Quad/hamstring program

Continue running/gait evaluation

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UCSF Health
Sports Medicine