

GENERAL KNEE DEBRIDEMENT, PARTIAL MENISCECTOMY, PLICA RESECTION CLINICAL PRACTICE GUIDELINE



Phase I: Weeks 0-1

Considerations	<ul style="list-style-type: none"> • Pain control • Edema control • Wound healing/incision site care/scar massage- pt education • Begin FWB independent of crutches when pt without signs of antalgia, increased pain and/or effusion, full knee extension present during gait, and demonstrates sufficient quadriceps activation
ROM	<ul style="list-style-type: none"> • Full active knee extension • Patellar mobilization • Knee flexion at least 90°
Neuromuscular Control/Strengthening	<ul style="list-style-type: none"> • Quadriceps/VMO recruitment: estim or biofeedback as necessary for quadriceps re-education • Hip ABD/core strength • Eccentric knee control
Mobility	<ul style="list-style-type: none"> • Quadriceps • Hip flexors • Hamstrings • IT Band • Gastroc/soleus
Goals to Progress	<ul style="list-style-type: none"> • Minimal to no edema • Minimal to no pain • Normalized gait • Full active knee extension • Normal patellar mobility • SLR without extensor lag • Well-healing incisions without signs of infection

Phase II: Weeks 2-3

ROM	<ul style="list-style-type: none"> • Edema control • 0-125 °
Mobility	<ul style="list-style-type: none"> • Quadriceps • Hip flexors • Hamstrings • IT Band • Gastroc/soleus
Neuromuscular Control/Strengthening	<ul style="list-style-type: none"> • Proprioception exercises • Multi-angle CKC exercises • Balance training • Quadriceps recruitment • Hip ABD/core strength • Light plyometrics: emphasize correct landing mechanics
Functional Activities	<ul style="list-style-type: none"> • Ascend/descend stairs with reciprocal gait pattern independent of UE support
Goals to Progress	<ul style="list-style-type: none"> • Full ROM at least 90% of contralateral limb • No pain with strengthening exercises • Good eccentric knee control with CKC exercises and light plyometrics

Phase III: Weeks 4-8

ROM	<ul style="list-style-type: none"> • Full AROM • No effusion
Mobility	<ul style="list-style-type: none"> • Quadriceps • Hip flexors • Hamstrings • IT Band • Gastroc/soleus
Neuromuscular Control/Strengthening	<ul style="list-style-type: none"> • Sport-specific drills • Plyometrics • Core strength • Begin interval running program • Functional testing: hop tests, star test, Y balance, etc