

**Adam Yanke, MD, PhD**

Phone: (312)-432-2440

Fax: (708)-409-5179

Email: [yankepractice@rushortho.com](mailto:yankepractice@rushortho.com)

Website: [www.YankeMD.com](http://www.YankeMD.com)



**MIDWEST  
ORTHOPAEDICS  
AT RUSH**

## Physical Therapy Protocol: Arthroscopic Debridement

Includes: Chondroplasty, Meniscectomy, Plica/Fat Pad Debridement, Patellar Tendon Debridement, PVNS Excision/Synovectomy, or Loose Body Removal

- Physician Goals: increase ROM, strength, return to full activities
- Exercises: closed chain quad strengthening, focus on regaining quad girth and circumference with plan on return to full unrestricted activity and at least 90% quad circumference compared to the contralateral side by 6 weeks from surgery
- Comments: No brace necessary, crutches as needed
  
- **If patellar tendon debridement, no plyometrics until 6 weeks post-op**