Medial/Lateral Partial Meniscectomy Post-operative Rehabilitation Protocol

Phase I: Day 1 to 2 Weeks

Brace
- Knee immobilizer
- TED hose to be worn until ambulation has returned to normal pre-surgery level or two weeks
- Crutches: weight bearing as tolerated

Goals
- Decrease inflammation and swelling
- Restore knee range of motion (0 to 115 degrees, minimum 0 degrees extension to 90 degrees flexion before Phase II)
- Re-establish quadriceps muscle activity/re-education
- Weight bearing as tolerated with use of crutches until normal gait is achieved

Note: Return to office for post-op appointment at day one or two for dressing change and at one week post-op for suture removal.

Knee Motion
Passive Range of Motion:
- Prone hang or heel prop (with or without ice)

Active Range of Motion:
- Ankle pumps
- Quadriceps sets
- Straight leg raises
- Hip abduction, adduction, extension
- Gluteal sets
- Heel slides
- Stationary bike (no resistance, for range of motion only)

Strengthening:
- Partial squats (complete with supervision of physical therapist or certified athletic trainer)

Stretching:
- Active assistive range of motion stretching (quadriceps, gastroc, soleus and hamstring)

Modalities
- Neuromuscular electrical stimulation if patient has quadriceps shut down. Thirty minutes, two times a day, seven days a week.

Phase II: Weeks 2 to 8

Brace
- None

Goals
- Restore and improve muscular strength and endurance
- Gradual return to functional activities
- Restore normal gait
- Improve balance and proprioception
- Re-establish full, pain free range of motion →
• Week two, 0 to 125 degrees
• Week three, 0 to 135 degrees
• Week four, 0 to 145 degrees

**Cardiovascular**
• Stairmaster, elliptical, treadmill (no running) and bike
• Aquatic therapy: running in pool or on AlterG® Anti-Gravity Treadmill® four to six weeks (incision needs to be fully closed)

**Knee Motion**

**Passive Range of Motion:**
- Continue all from Phase I

**Active Range of Motion:**
- Continue all from Phase I

**Strengthening:**
- Toe raises and calf raises
- Hamstring curls
- Lunges – front and lateral
- Leg press (not past 90 degrees)
- Step-up, step down, lateral step-up
- Four – way hip: standing
- Knee extension exercise: 90 to 40 degrees (do not use machine)
  - TKE
  - Closed kinetic chain

**Stretching:**
- Continue all from Phase I

**Proprioception**
- Proprioceptive and balance training

**Modalities**
- Neuromuscular electrical stimulation if patient has quadriceps shut down. Thirty minutes, two times a day, seven days a week.

**Phase III: 8 Weeks +**

**Goals**
- Enhance muscular strength and endurance
- Maintain full range of motion

**Knee Motion**

**Functional: Begin**
- Begin plyometrics/vertical jumps
- Initiate running program
- Agility drills progression
- Forward/backwards running, cutting, figure eight and carioca
- Sports specific drills/activities (begin with non-contact)

**Note:** Monitor patellofemoral joint pain and avoid activities that may aggravate it.