



Menisectomy and Debridement

Post Operative Protocol

Phase I – Maximum Protection (Week 0 to 1):

0 to 1 week:

- Ice and modalities as needed to reduce pain and inflammation
- Use crutches for 2 to 5 days to help reduce swelling, the patient may discontinue crutches when able to walk without a limp or pain
- Elevate the knee above the heart for the first three to five days
- Initiate patella mobility drills
- Begin full active/passive knee range of motion exercises
- Quadriceps setting focusing on VMO function
- Multi-plane open kinetic chain straight leg raising
- Gait training
- Begin stationary bike as swelling and pain allow

Phase II – Progressive Stretching and Early Strengthening Phase (Weeks 1 to 4):

Weeks 1 to 4:

- Maintain program from week 0 to 1
- Continue modalities as needed
- Initiate lower extremity stretching
- Begin treadmill and/or elliptical trainer as strength and swelling allow, avoid impact activities
- Begin bilateral closed kinetic chain strengthening progressing to unilateral as tolerated
- Promote normal patellofemoral arthrokinematics
- Implement reintegration exercises emphasizing core stability exercises
- Begin closed kinetic chain multi-plane hip exercises
- Manual lower extremity PNF patterns
- Proprioception drills emphasizing neuromuscular control

Phase III – Advanced Strengthening and Proprioception Phase (Weeks 4 to 6):

Weeks 4 to 6:

- Modalities as needed
- Continue with phase II exercises as indicated
- Advance time and intensity on cardiovascular program-no running
- Begin functional cord resistance program
- Initiate gym strengthening program 3 times per week, including leg press, squats, lunges, knee extensions (30° to 0° progressing to full range as PF arthrokinematics normalize), hamstring curls, ab/adduction, and calf raises
- Begin pool running program

Phase IV – Advanced Strengthening Phase (Weeks 6 to 7):

Weeks 6 to 7:

- Implement a full gym-strengthening program
- Begin running program

Phase V – Return to Sports Phase (Week 8):



Week 8:

- Follow-up examination with the physician
- Continue with aggressive lower extremity strengthening, stretching, and cardiovascular training
- Implement sport specific multi-directional drills
- Initiate plyometric exercises beginning with bilateral progressing to unilateral
- Sports test for return to play

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