

PARTIAL MENISECTOMY

Rehab Protocols

 www.TheAmericanOrthopedics.com/resources



Dr. Drew Ratner

PHASE I MAXIMUM PROTECTION (WEEKS 1-4)

Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full extension both passive and active
- Good quadriceps activation
- No extension lag with straight leg raise
- Full extension

Stage 1: Immediate Post-Surgery days 1-10

- Ice, Compression, Elevation
- Compression wrap dressing
- Crutches as needed
- ROM (passive 0-90) to tolerance
- Patellar mobilizations
- Stretch hamstrings, calf, hip flexors
- Strengthening exercises (electrical stimulation to quads):
 - Quad sets
 - SLR flexion
 - Hip Abd/Adduction
 - Knee extension 90-40 degrees
 - Mini Squats 0-50/60 degrees
- Avoid active resisted knee flexion

Stage 2: Weeks 2-4

- Continue use of ice and compression
- Continue compression wrap
- ROM guidelines
 - Gradually increase PROM as tolerated
 - Week 2: 0-125 degrees
 - Week 3: 0-135 degrees
 - Week 4: 0-145 degrees
 - *Discontinue crutches when safe and proper gait (usually during week 2)
- Continue PROM exercises and stretching
- Strengthening exercises (see attached sheet Phase I exercises)
- SLR (all 4 planes)
- Knee extension 90-0 degrees
- CKC mini-squats 0-45 degrees
- CKC wall squats 0-60 degrees
- Initiate CKC exercises

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- Lateral and front step overs
- Lateral lunges
- Step downs (lateral)& Step downs (front)
- Bicycle
- Pool exercises (once incision is closed)

PHASE II PROGRESSIVE STRETCHING & EARLY STRENGTHENING (WKS 4-6)

Goals

- Full PROM
- Minimal to no swelling/Inflammation
- Restore Quadriceps Strength
- Gradually Increase Functional Activities

Exercise Progression

- Continue use of ice and compression as needed
- Continue ROM and stretching to maintain 0-135 degrees
- Progress strengthening exercises
 - Leg press 70-0 degrees
 - Knee extension 90-40 degrees
 - Hip Abd/Adduction
 - Wall squats 0-70 degrees
 - Vertical squats 0-60 degrees
 - Lateral step-ups
 - Front and lateral lunges
 - Hamstring curls
- Balance/proprioception training
 - Biodex stability
 - Squats rocker board
 - Cup walking (step overs)
 - Standing on foam single leg
- Bicycle (if ROM permits)
- Pool program (may begin running in pool)
- Elliptical
- * May be able to begin running if cleared by physician or medical team

PHASE III – ADVANCED STRENGTHENING & ENDURANCE (WKS 6-8)

Goals

- Improve strength and endurance
- Maintain full ROM
- Gradually Increase applied stress

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Week 6

- Continue all strengthening exercises listed above
- May initiate stair stepper if appropriate
- Treadmill walk/run program

Week 7

- Continue strengthening and stretching program

PHASE IV – RETURN TO ACTIVITY (WKS 8+)

Goals

- Improve strength and endurance
- Prepare for unrestricted activities

Criteria to Progress to Phase IV

- Full non-painful ROM
- No pain or tenderness
- Satisfactory clinical exam
- Satisfactory isokinetic test

Exercise Progression

- Continue and progress all strengthening exercises and stretching drills
- Deep squatting permitted at 3 months
- Initiate straight line running: 2 months
- Initiate pivoting and cutting: 3 months
- Initiate agility training: 3 months
- Gradual return to sports: 3 months

Break up the weight room and functional work in two separate times during the day. Many working adults don't have that luxury so it is important to structure a program that can be complete in about 90 minutes to ensure quality work.

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