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### **Partial Menisectomy Protocol**

- This protocol is meant to serve as a general outline for how to progress rehabilitative treatment following meniscal debridement.
- Patient circumstances may vary.

#### **I. The Acute Phase (Weeks 0-2) – Maximum Protection**

Weightbearing: Use crutches as needed (for balance) X 24-48 hrs- progress to WBAT

Goals: Decrease swelling, pain and inflammation  
Improve ROM and flexibility

##### **Decrease pain and inflammation:**

- NSAIDS
- ROM exercises
- Cryotherapy/Modalities as needed

##### **Improve ROM and flexibility:**

- Restore full passive knee extension
  - Hamstring stretching
  - Gastrocnemius stretching
  - Patellar mobilizations
  - Propped heel extension
- Gradually increase knee flexion (Minimum goal of 90° by post op visit)
  - AAROM knee flexion
  - PROM flexion

##### **Enhance lower extremity muscular strength:**

- Gradual program
  - Quad sets – electrical stimulation / neuromuscular re-education if needed
  - Straight Leg Raises (flexion, abduction, adduction) as tolerated
  - Calf Raises

#### **II. The Subacute Phase (Weeks 2-4) – Progressive Stretching and Early Strengthening**

Goals: Attain full ROM  
Enhance lower extremity muscular strength  
Improve muscular endurance  
Gradual return to functional activities

- Rate of return will vary depending on variety of factors (swelling, pain, patient goals, etc.) \* **Progress cautiously into closed chain exercises, especially if the physical therapy script notes Grade III or IV changes. Monitor closely for pain/swelling.**

**Improve flexibility**

- **Continue stretching activities**
  - Hamstring stretching
  - Hip Flexors, IT Band stretching
  - Quadriceps stretching

**Subacute Phase (Weeks 2-4) - Continued:**

- Calf stretching
- Add stationary bike when knee flexion > 115°

**Enhance muscular strength/endurance**

- Continue Straight Leg Raises (use ankle weights as tolerated)
- Quad and Hamstring strengthening
- Progress into closed chain exercise program as tolerated
  - Mini squats
  - Step ups
  - Calf Raises
  - Wall sits
- Proprioceptive drills
- Core strengthening

**III. The Advanced Strengthening Phase (Weeks 4-8)**

Goals: Full/Painless ROM  
 Absence of swelling/effusion  
 Normal gait pattern  
 Maximize lower extremity strength

**Strengthening:**

- Continue progression of closed chain strengthening as tolerated
  - Leg Press
  - Hip Machine
  - Hamstring Curls
  - Squats
  - Lunge Repeats
  - Proprioceptive drills
  - Continue core strengthening
  - Possible pool running if MD deems appropriate
  - Possible treadmill jogging or light agility drills
    - If there is appropriate clinical exam and MD approval

**IV. Return to Sport Phase – (Weeks 8-12)**

- Continue advanced strengthening program
- Running and agility program
- Progress sport specific multi-directional drills

**>90% on functional test and negative clinical exam required for return to full activity.**