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

Enhance lower extremity muscular strength:
• Gradual program
  o Quad sets – electrical stimulation / neuromuscular re-education if needed
  o Straight Leg Raises (flexion, abduction, adduction) as tolerated
  o 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.

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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

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