

Partial Meniscectomy Protocol

Phase I (1-2 weeks)

Goals of Phase I:

Decrease pain and edema to allow healing.
Restore knee ROM to 0-120 degrees.

Restore quad muscle activation.

Treatment:

AAROM

Patellar mobilization

Isometrics

Stationary bike for ROM

4 way hip

Modalities: ice, E-stim, US for pain and inflammation

NMES for muscle re-education.

Gait training

Restrictions:

WBAT. Discharge crutches when gait is normalized.

Let pain be the guide for ROM and increased activity

Phase II: (2-6 weeks)

Goals of Phase II:

Full, pain free ROM

Normalize gait on level surfaces and stairs.

Gradual return to functional activities

Treatment:

Continue all from phase I

Add elliptical, treadmill, bike for CV exercise.

Balance/ proprioceptive exercises

Closed chain exercises (leg press, steps, lunges, calf raises)

Hip and ankle strengthening as appropriate.

Include eccentric strengthening

Restrictions:

per MD

Phase III: (7 weeks and later)

Goals of Phase III: Full return to sport and activity.

Treatment: Plyometrics
Focus on sports specific training, running, agility.
Gym program
Balance/ proprioceptive exercises

Restrictions: per MD