

## **MENISCECTOMY & DEBRIDEMENT POST-OPERATIVE PROTOCOL**

### **PHASE I – MAXIMUM PROTECTION:**

#### **WEEKS 0-1:**

- Ice and modalities as needed to reduce pain and inflammation
- Weight bearing as tolerated
- Elevate the knee above the heart for the first three to five days
- Initiate patella mobility drills
- Full active/passive knee range of motion exercises
- Quadriceps setting focusing on VMO function
- Multi-plane open kinetic chain straight leg raising
- Gait training
- Stationary bike as swelling and pain allow

### **PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:**

#### **WEEKS 1-4:**

- Patella mobility and scar massage
- Active and static lower extremity stretching
- Treadmill and/or elliptical trainer as strength and swelling allow, avoid impact activities
- Bilateral closed kinetic chain strengthening progressing to unilateral as tolerated
- Implement reintegration exercises emphasizing core stability exercises
- Closed kinetic chain multi-plane hip exercises
- Proprioception drills emphasizing neuromuscular control

### **PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION:**

#### **WEEKS 4-6:**

- Advance time and intensity on cardiovascular program-no running
- Functional cord resistance program
- Gym program
- Pool running program progressing to dry land as tolerated

### **PHASE IV – ADVANCED STRENGTHENING:**

#### **WEEKS 6-12:**

- Running and agility program
- Controlled field drills
- Advance gym program
- Plyometric exercises
- Progress sport specific multi-directional drills
- > 90% on Sports test and negative clinical exam for return to full activity