

SportsHealing Meniscectomy Protocol

Phase I: Day 1 to 2 Weeks

Brace

- Knee immobilizer
- TED hose to be worn until ambulation has returned to normal pre-surgery level or two weeks
- Crutches: weight bearing as tolerated

Goals

- Decrease inflammation and swelling
- Restore knee range of motion (0 to 115 degrees, minimum 0 degrees extension to 90 degrees flexion before Phase II)
- Re-establish quadriceps muscle activity/re-education
- Weight bearing as tolerated with use of crutches until normal gait is achieved

Note: Return to office for post-op appointment at day one or two for dressing change and at one week post-op for suture removal.

Knee Motion

Passive Range of Motion:

- Prone hang or heel prop (with or without ice)

Active Range of Motion:

- Ankle pumps
- Quadriceps sets
- Straight leg raises
- Hip abduction, adduction, extension
- Gluteal sets
- Heel slides
- Stationary bike (no resistance, for range of motion only)

Strengthening:

- Partial squats (complete with supervision of physical therapist or certified athletic trainer)

Stretching:

- Active assistive range of motion stretching (quadriceps, gastroc, soleus and hamstring)

Modalities

- Neuromuscular electrical stimulation if patient has quadriceps shut down. Thirty minutes, two times a day, seven days a week.

Phase II: Weeks 2 to 8

Brace

- None

Goals

- Restore and improve muscular strength and endurance
- Gradual return to functional activities
- Restore normal gait
- Improve balance and proprioception
- Re-establish full, pain free range of motion
- Week two, 0 to 125 degrees

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- Week three, 0 to 135 degrees
- Week four, 0 to 145 degrees

Cardiovascular

- Stairmaster, elliptical, treadmill (no running) and bike
- Aquatic therapy: running in pool or on AlterG® Anti-Gravity Treadmill® four to six weeks (incision needs to be fully closed)

Knee Motion

Passive Range of Motion:

- Continue all from Phase I

Active Range of Motion:

- Continue all from Phase I

Strengthening:

- Toe raises and calf raises
- Hamstring curls
- Lunges – front and lateral
- Leg press (not past 90 degrees)
- Step-up, step down, lateral step-up
- Four – way hip: standing
- Knee extension exercise: 90 to 40 degrees (do not use machine)
- TKE
- Closed kinetic chain

Stretching:

- Continue all from Phase I

Proprioception

- Proprioceptive and balance training

Modalities

- Neuromuscular electrical stimulation if patient has quadriceps shut down. Thirty minutes, two times a day, seven days a week.

Phase III: 8 Weeks +

Goals

- Enhance muscular strength and endurance
- Maintain full range of motion

Knee Motion

Functional: Begin

- Begin plyometrics/vertical jumps
- Initiate running program
- Agility drills progression
- Forward/backwards running, cutting, figure eight and carioca
- Sports specific drills/activities (begin with non-contact)

Note: Monitor patellofemoral joint pain and avoid activities that may aggravate it.