

MENISCECTOMY REHABILITATION PROTOCOL

This protocol is a general outline. "As tolerated" refers to no increased sharp pain, swelling, or other undesirable factors. If any of these occur, decrease activity level and ice. Progression and return to sport may vary between individual patients, and will be guided by your provider's team (physician, physician assistant, athletic trainer, and therapist) input and appropriate testing

PHASE I: WEEKS 0-2

Weight-bearing:

- Weight-bearing as tolerated (WBAT) with crutches until minimal to no limp

Brace:

- Knee Immobilizer until first post-op visit
- No brace

Range of Motion (ROM):

- As tolerated

Therapeutic Exercises:

- Strengthening/Neuromuscular training
- Quad, glute, hamstring sets, Open chain hip strengthening (4-way SLR)
- Core strengthening
- Ankle strengthening and stretching
- Gait & balance training
- Stationary bike immediately

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy (ice), compression, e-stim

Progression Criteria:

- Full passive knee extension
- Minimal joint effusion
- Ambulation without limp

PHASE II: WEEKS 2-4

Weight-bearing:

- Full weight without crutches

Range of Motion (ROM):

- Progress to full

Therapeutic Exercises:

- Eccentric quad strengthening
- Hip/glute strengthening (4-way SLR, band walks, step ups, step downs, bridges, etc.)
- Core strengthening
- Stationary bike

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilization
- Cryotherapy, compression, e-stim as needed

Progression Criteria:

- Full pain-free ROM
- No effusion
- No pain
- Good quad strength

PHASE III: WEEKS 4-12

Therapeutic Exercises:

- Closed Kinetic Chain (CKC) multi-plane activities
- Continue hip and core strengthening
- Stationary bike
- Balance training with perturbation
- Double-leg plyometrics progressing to single leg as tolerated

Manual Therapy and Modalities:

- Scar, soft tissue, and patellar mobilizations
- Cryotherapy and compression as needed

Progression Criteria:

- No swelling
- No pain
- Running and jumping with good form, demonstrating eccentric control

PHASE IV: RETURN TO SPORT

Therapeutic Exercises:

- Advance impact activities
- Continue with single leg strengthening & eccentric quad control
- Box Drill- walk→jog→sprint progressing 4 cones from 5 yards apart to 10, 20 then 40 yards apart. Clockwise/counter-clockwise
 - This can progress to more sport specific skills (i.e. dribbling basketball, kicking soccer ball)
- Specific return to sport protocols may be found on our website under "Home Exercise Programs" with 14 sports that include sport specific skills and drills