

## **Meniscectomy and Debridement Rehab Protocol**

### **PHASE I: Maximum Protection (Week 0-1)**

- Ice and modalities as needed to reduce pain and inflammation
- Use crutches for 2-5 days to help reduce swelling, may discontinue crutches when able to walk without a limp
- Elevate knee above heart level for the first 3-5 days
- Initiate patella mobility drills
- Quadriceps setting focusing on VMO function
- Full active and passive knee ROM
- Multi-plane open kinetic chain straight leg raises
- 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 Phase (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 and Proprioception Phase (Weeks 6-8)**

- Running and agility program
- Controlled field drills
- Advance gym program
- Plyometric exercises

### **PHASE V: Return to Sport Phase (Weeks 8-12)**

- Progress sport specific multi-directional drills
- >90 % on sports test and negative clinical exam for return to full activity