

Arthroscopic Meniscectomy Rehabilitation
(Standard)
E. Edward Khalfayan, M.D.

Phase 1 Post - operative Weeks 1-2

Week 1

- Wean off crutches when you are comfortable and feel secure walking without them (goal 2-4 days post-op)
- Begin Physical Therapy for ROM, modalities and quad activation (days 3-4)
 - Quad sets, SLR's, ROM
 - Mini squats to 45 degrees while holding onto a steady ledge
 - Patellar mobilizations
 - 4 way
 - HEP
 - Ice 20 minutes every 1-2 hours while awake, decreasing frequency based on swelling and pain
- Office visit for wound check and suture removal (7-10 days)
- Begin stationary bike against low resistance, raise seat as needed.
- Weight shifts
- Gait training
- Core strengthening

Week 2

- May begin swimming- wear water proof bandages if incisions are not closed
- Chair scoots
- Wall sits
 - Add ball squeeze for VMO
- Forward lunges, side lunges as tolerated without pain
 - no torsional or multi-plane exercises
- Continue to work on core, hip and lower extremity muscle strength

Phase 2 Post - operative Weeks 3-4

Week 3

- Progress CKC as tolerated. Avoid all open chain exercises.
 - Leg press
 - Hamstring curls
 - Even surface balance/proprioception
- Band walking
- Tilt board
- Begin Elliptical machine or Stairmaster

Week 4

- Office visit
- Continue improving core, hip and lower extremity muscle strength

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- Step ups/downs
 - Single plane
- Shuttle (double leg, progress to single leg)
- Single leg med ball toss
- Continue with over all muscle and core strengthening
- If Alter-G or underwater treadmill is available, may start running progression if tolerated

PHASE 3 Weeks 5-12

Weeks 5-7

- Continue with overall quad, hamstring, hip and core strength
 - Address any specific strength or neuromuscular deficits
- Lateral Step ups
- Lateral step-over's
- Week 6-8 may begin jogging straight ahead on a level surface if quad and hamstring strength are approximately 75% of opposite side and if no pain or swelling.

Weeks 8-12

- Continue with overall quad, hamstring, hip and core strength
- Begin sprinting and agility drills when strength is equal to other side after completion of straight ahead jogging
 - Speed ladder progression
 - Jump training
 - Cutting
 - Sport specific activity when cleared by MD
- Office visit

Time to return to full unrestricted sport activity is typically 6-8 weeks depending on sport with MD clearance