

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

**Phase 1 Post-operative Days 0-7**

- 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 (start day 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
- Begin stationary bike against low resistance, raise seat as needed (5-7 days)
- Office visit for wound check and suture removal (7-10 days)
- Weight shifts
- Gait training
- **Core Strengthening**

**Phase 2 Post-operative Weeks 2-3**

- May begin swimming- wear water proof bandages if incisions are not healed
- 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
- Progress CKC as tolerated. Avoid open chain knee extension exercises
  - Leg press
  - Hamstring curls
  - Even surface balance/proprioception
- Begin Elliptical machine or Stairmaster
- Band walking
- Tilt board

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**PHASE 3 Post-operative weeks 3-4**

Week 3

- Continue improving core, hip and lower extremity muscle strength
- Step ups/downs
  - Multiplane 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 start running progression

Week 4

- Office visit
- Continue with overall quad, hamstring, hip and core strength
  - Address any specific strength or neuromuscular deficits
- Lateral Step ups
- Lateral step-over's
- May begin jogging straight ahead on a level surface if quad and hamstring strength are approximately 75% of opposite side.
- Slide board
- Fitter
- 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 (no contact) when cleared by MD

Time to return to full unrestricted sport activity is typically 4-6 weeks depending on sport with MD clearance.