

MENISCECTOMY AND DEBRIDEMENT POST OPERATIVE PROTOCOL

	Time Frame (Weeks)	Guidelines	Goals
MAXIMUM PROTECTION	0 to 1	<p>CRUTCHES: 50% partial weight bearing x 1 week</p> <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Gait training • Extension - heel props for full extension as needed • Flexion - off table or wall slides • Quadriceps setting using NMES as needed • Multi-plane straight leg raises • Bilateral calf raises • Ankle pumps <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • Short but frequent bouts of ROM, quad activation 3+x/day 	<ul style="list-style-type: none"> • Reduce inflammation • Normalize patella mobility • full extension; passive/active • Good quadriceps control • No extension lag • 100°-120° of knee flexion
	1 to 2	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Continue with 0-1 week program • Extension – heel props or add prone hangs (as needed) • Flexion – wall or heel slides • Ball bridge and/or isometric hamstring activation <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking • Short walks using a crutch as needed <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • Short but frequent bouts of ROM, quad activation 2-3x/day • Stationary bike 1x/day, 10-20 minutes 	<ul style="list-style-type: none"> • Reduce inflammation • Transition off crutches • Full knee extension/hyperextension • No extension lag • 120°+ of knee flexion
PHASE II	2 to 4	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Extension—heel props and prone hangs as needed • Flexion—continue with end range heel slides • Bilateral mini squats—focus on proper alignment • Multi-plane open and closed kinetic chain hip strengthening. • Step-up progression—focus on proper alignment • Hamstring activation with bridge on floor, ball or box • Progress to unilateral heel raise off the floor, then off step • Proprioception drills <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking • Treadmill/outdoor walking, focus on proper gait mechanics <p>RECOMMENDED LOAD</p> <ul style="list-style-type: none"> • ROM: 2-3x/day • Strength: 1x/day open chain; 3x/week closed chain • Cardiovascular: 20 minutes/day with low intensity 	<ul style="list-style-type: none"> • Progress off crutches • Full knee extension/hyperextension • Knee flexion to full as tolerated • Normalize gait mechanics • Normalize patellofemoral joint and scar mobility

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PHASE II (continued)	4 to 6	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> Controlled movement series - warm-up Leg press, hamstrings curls, calf raises Single leg RDL's <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> Increase intensity/duration Stationary biking Treadmill/outdoor walking, focus on proper gait mechanics Arc trainer or elliptical <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> ROM: 2x/day Strength: 3x/week on closed chain loading Cardiovascular: 20-30 minutes/day low/moderate intensity 	<ul style="list-style-type: none"> Reduce inflammation Full ROM Normal gait
PHASE III	6 to 8	<p>MOVEMENT PREP</p> <ul style="list-style-type: none"> Foam roller Controlled movement series <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> Weighted squat progression Single leg squat/lunge progression (dips, retro, walk, split), focus on eccentric control and alignment Monster walks <p>CORE PROGRAM</p> <ul style="list-style-type: none"> Front plank—full, may advance to alternating leg lift Bridge—marching or single leg Dead bug progression Quadruped alternating arm/leg <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> Stationary biking Treadmill/outdoor walking, focus on proper gait mechanics Arc trainer or elliptical <p>RUNNING PROGRESSION</p> <ul style="list-style-type: none"> Basic ladder series Skipping Walk/jog interval program <p>JUMPING PROGRESSION</p> <ul style="list-style-type: none"> Low amplitude bilateral single response jumps <p>SPORTS SPECIFIC ACIVITY PROGRESSION</p> <ul style="list-style-type: none"> Outdoor biking: WEEK 6 Shallow water pool running: WEEK 6 Swimming, free style: WEEK 6 High intensity interval work with CV program: WEEK 6-8 Non-reactive & non-contact on-field/court progression <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> ROM: 1-2x/day Strength: 2-3x/week maximum with closed chain loading Cardiovascular: 20-45 minutes 5x/week, moderate intensity 	<ul style="list-style-type: none"> Control inflammation with increasing loads Full knee flexion and extension with terminal stretch Progressive strengthening Increase muscular endurance

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PHASE IV	8 to 16	<p>MOVEMENT PREP</p> <ul style="list-style-type: none"> • Foam roller • Controlled movement series <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Increasing loads from phase III • Core program: Increase load as appropriate <p>CARDIOVASCULAR EXERCISE</p> <ul style="list-style-type: none"> • Stationary biking • Arc trainer or elliptical • Swimming <p>RUNNING PROGRESSION</p> <ul style="list-style-type: none"> • Advanced ladder series • Linear acceleration/deceleration • Sprinting • Change of direction and lateral agility <p>JUMPING PROGRESSION</p> <ul style="list-style-type: none"> • Low amplitude bilateral single response jumps • Bilateral multiple response jumps • Unilateral single response jumps <p>SPORTS SPECIFIC ACTIVITY PROGRESSION</p> <ul style="list-style-type: none"> • Interval golf program: WEEK 8 • Progress intensity with field/court working toward full RTS <p>SPORTS TEST AND FULL RETURN TO ACTIVITY</p> <ul style="list-style-type: none"> • Follow-up examination with physician • Sports test for return to competition at <u>12 weeks</u> <p>RECOMMENDED LOADING</p> <ul style="list-style-type: none"> • ROM: global stretching • Strength: 2-3x/week with increasing resistance • Cardiovascular: 20-45 minutes 5x/week. Alternate impact and non-impact days using sound recovery principles 	<ul style="list-style-type: none"> • Control inflammation with increasing loads • Progressive strengthening • Increase muscular strength, power and endurance • Establish ETA