

REHABILITATION PROTOCOL

After Arthroscopic Partial Medial or Lateral Meniscectomy

Phase 1: Acute Phase

GOALS

- Diminish inflammation and swelling.
- Restore range of motion (ROM).
- Re-establish quadriceps muscle activity.

DAYS 1–3

- Cryotherapy.
- Quadriceps sets.
- Straight leg raise (SLR).
- Electrical muscle stimulation to quadriceps.
- Hip adduction and abduction.
- Knee extension.
- 30-degree mini-squats.
- Active-assisted ROM stretching, emphasizing full knee extension (flexion to tolerance).
- Weightbearing as tolerated (two crutches).
- Light compression wrap.

DAYS 4–7

- Cryotherapy.
- Electrical muscle stimulation to quadriceps.
- Quadriceps sets.
- Knee extension 90 to 40 degrees.
- SLR.
- Hip adduction and abduction.
- 30 degree mini-squats.
- Balance/proprioceptive drills.
- Active-assisted and passive ROM exercises.
- ROM 0 to 115 degrees (minimal).
- Stretching (hamstrings, gastrosoleus, quadriceps).
- Weightbearing as tolerated (one crutch).
- Continued use of compression wrap or brace.
- High-voltage galvanic stimulation/cryotherapy.

DAYS 7–10

- Continue all exercises.
- Leg press (light weight).
- Toe raises.
- Hamstring curls.
- Bicycle (when ROM is 0–100 degrees with no swelling and able to make a full revolution).

Phase 2:

GOALS

- Restore and improve muscular strength and endurance.
- Re-establish full nonpainful ROM.
- Gradual return to functional activities.

DAYS 10–17

- Bicycle for motion and endurance.
- Lateral lunges.
- Front lunges.
- Half squats.
- Leg press.
- Lateral step-ups.
- Knee extension 90 to 40 degrees.
- Hamstring curls.
- Hip abduction and adduction.
- Hip flexion and extension.
- Toe raises.
- Proprioceptive and balance training.
- Stretching exercises.
- Active-assisted and passive ROM knee flexion (if necessary).
- Elliptical trainer.

DAY 17–WEEK 4

- Continue all exercises.
- Pool program (deep-water running and leg exercises).
- Compression brace may be used during activities.

Phase 3: Advanced Activity Phase—Weeks 4–7 *

CRITERIA FOR PROGRESSION TO PHASE 3

- Full, nonpainful ROM.
- No pain or tenderness.
- Satisfactory isokinetic test.
- Satisfactory clinical examination (minimal effusion).

GOALS

- Enhance muscular strength and endurance.
- Maintain full ROM.
- Return to sport/functional activities.

EXERCISES

- Continue to emphasize closed kinetic chain exercises.
- May begin plyometrics.
- Begin running program and agility drills