REHABILITATION FOLLOWING ARTHROSCOPIC PARTIAL MEDIAL OR LATERAL MENISCECTOMY

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NO OPEN CHAIN QUADRICEPS EXERCISES!!

Phase I: acute phase
Goals: 1. Diminish inflammation and swelling
        2. Restore ROM
        3. Re-establish quadriceps muscle activity

Days 1-3
- Cryotherapy
- Electrical muscle stimulation to quadriceps
- Quadriceps sets
- SLRs
- Half squats
- AAROM stretching, emphasizing full knee extension (flexion to tolerance)
- Weight bearing as tolerated (two crutches)
- Light compression/No Brace

Days 4-7
- Cryotherapy
- EMS to stimulate quadriceps
- Quadriceps sets
- SLRs
- Half squats
- Balance/pro proprioceptive drills
- AA and PROM exercises
- ROM 0-115 (minimal) progress to full flexion ASAP
- Stretching (hamstrings, gastroc/soleus, quadriceps)
- Weight bearing as tolerated (one crutch), wean off crutches as soon as possible
- Continued use of compression wrap as needed

Days 7-10
- Continue all exercises
• Leg press (light weight)
• Toe raises
• Hamstring curls
• Bicycle

**Phase II: intermediate phase**
Goals: 1. Restore and improve muscular strength and endurance
2. Reestablish full non painful ROM
3. Gradual return to functional activities

**Days 10-17**
• Bicycle for motion and endurance
• Lateral lunges
• Front lunges
• Half squats
• Leg press
• Lateral step-ups
• Closed chain knee extension
• Hamstring curls
• Hip abduction and adduction
• Hip flexion and extension
• Toe raises
• Proprioceptive and balance training
• Stretching exercises
• AA and PROM knee flexion (if necessary)
• Elliptical trainer

**Day 17 – Week 4**
Continue all exercises
Pool program (deep water running and leg exercises) if available
Compression brace may be used during activities

**Phase III: advanced activity phase (week 4-7)**
Criteria for progression to phase III:
1. Full, nonpainful ROM
2. No pain or tenderness
3. Satisfactory clinical examination (minimal effusion)

Goals: 1. Enhance muscular strength and endurance
2. Maintain full ROM
3. Return to sport/functional activities

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