

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/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