

Partial Meniscectomy with or without Chondroplasty

Physical Therapy Post-op Protocol

Weeks 0-2

Primary goals: Eliminate swelling; regain ROM; quad recovery

- Weight bearing as tolerated, wean crutches
- Active and passive knee range of motion
- Effusion control- frequent use of knee sleeve or wrap
- Quadriceps activation
- Hip abductor, gluteal, core strengthening
- Hamstring, IT band flexibility
- Patellar mobilization
- Teach home exercises

Weeks 2-4

Primary goals: Full ROM, develop strength

- Obtain full ROM, no to minimal effusion
- Quadriceps strengthening, advance squats, lunges
- Maintain hamstring, calf flexibility
- Maintain core, pelvic balance, gluteal strength
- Ankle pumps
- Proprioception
- Muscle endurance
- Closed chain exercises when strength adequate

Weeks 4-6+

Primary goals: Painless ROM and activity, advance strength

- Advance strengthening
- Should perform single leg squat without instability or loss of control
- No effusion
- Agility, cutting activities
- Begin function specific or sport specific activity when strength adequate