

Arthroscopic Meniscectomy

Post-Op Protocol for
Mathew Taylor, M.D.



Weeks 0-2

- Goal: Be full weight bearing and off crutches in 3-7 days
- Goal: Normal gait by 10-14 days
- Active range of motion, active assisted range of motion, heel slides
- Begin working on range of motion of the knee immediately after surgery emphasize full extension of the knee
- Goal: By 2 weeks after surgery the goal is to have full extension of the knee and > 90 degrees of flexion
- Isometric quad/hamstring exercises, quad sets, SLF
- Mini Squats 0-45 degrees
- Stretching: Hip flexors, hamstrings, ITB
- Patellar mobilization
- Modalities (cryotherapy, electric/muscle stimulation, etc.)
- Stationary bike for Range of motion

Weeks 2-4

- Goal: Achieve full range of motion and normal gait. Continue previous exercises as appropriate.
- Active range of motion and active assisted throughout full range
- SLR, add ankle weights when quad control maintained
- Progress to standing quad strengthening with light therabands
- Wall squats 0-60 degrees, Leg press 0-60 degrees with light weights
- Hamstring curls with light resistance
- Forward, lateral and retro step downs
- Hip/Core progressive strengthening
- Proprioception training
- Advance stationary bike

Week 4-6

- Advance previous exercises with increased resistance as appropriate
- Progressive Resistive Exercises: quad, hamstrings, hip, core
- Proprioceptive training
- Treadmill: walk/jog progression program
- Jog 50-75% pace
- Exercise without swelling

Weeks 6+

- Continue appropriate previous exercises
- Agility drills/plyometrics
- Running progressing program
- Transition to home program
- Return to full activity