



# Meniscectomy Debridement

## Post-Operative Rehabilitation Protocol

### 0-2 weeks

- Full WBAT immediately
- Crutches for 24-48 hours can discontinue once gait normalizes
- Full Active/Passive ROM
- Patella mobilization
- SLR supine
- Quad Sets
- Heel Slides
- Ankle Pumps

### 2-6 weeks

- Full weight bearing
- Progress with ROM until full
- Wall sits, lunges, balance exercises
- Closed chain quad strengthening
- Modalities PRN

### Weight Bearing Status

WBAT

### ROM Restrictions

Full  
AROM/PROM  
beginning POD  
1



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Initial Exercises:															
ROM Goals	0-90°		0-125°			Progress to full									
Flexion/extension, heel slides															
Flexion/extension- seated															
Patella/Tendon mobilization															
Quad Series															
Hamstring Sets															
Sit and Reach for Hamstrings															
Ankle Pumps															
Crutch weaning	WBAT														
Heel prop knee extension stretch															
SLR (w/ brace until quad control restored)															
Toe and Heel Raises															
Balance Series															
Weight-bearing Strength Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Double Knee Bends															
Double Leg Bridges															
Reverse Lunge, static holds															
Beginning cord exercises															
Dead Lift (2 →1 leg)															
Squat/Leg press (ISO →reps, 2 → 1 leg) (80-0° arc)															
Sports Test Exercises															
Cardiovascular Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Bike with both legs-no resistance															
Bike with both legs- resistance															
Aqua jogging															
Treadmill-walking 7% incline															
Swimming with fins-light flutter kick															
Elliptical Trainer															
Rowing															
Stair stepper															
Agility Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running Progression															
Initial-Single Plane															
Advance-Multi Directional															
Functional Sports Test															
High Level Activities:	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf Progression															
Outdoor biking, hiking, running															
Return to Sport															



## Quad Series:

- Quad sets (5 sec hold) also quick contractions (NMES to supplement)
- Prone quad sets
- SLR with no extension leg
- Progression of Quad Strengthening
  - LAQ in safe range -no added resistance to begin
  - Once weight bearing tandem stance TKE with 5 sec hold
  - Isometric wall sit
  - SLR with resistance
  - Step up progression
  - Squat progression
  - Leg press progression
  - Lunge progression

## Hamstring Series:

- Hamstring stretching (supine/prone)
- Hamstring set (heel dig)- contract hamstring with knee flexed pressing heel into the floor (5 sec hold)
- Hamstring curls
- Progress to resisted hamstring curl

## Sport Test Exercises:

- Goals: impact training and introduction of directional drills
- Double leg squat jumps
- Box jumps
- Speed skaters
- Double leg jumps for height and distance progress to single leg as tolerated
- Blaze pod change of direction drills

## Further Clarifications and Considerations:

- Double Knee Bends: feet shoulder width apart, bend knees to 30°, keeping knees behind the toes.
- Cord exercises (resistance band/cord): resisted double knee bends, resisted hamstring curls
- May begin to implement BFR as early as 1 week into post-op period



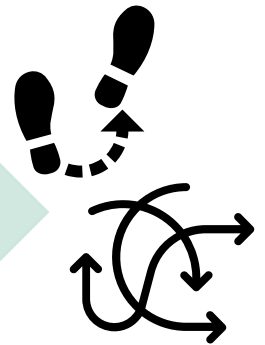
## Return to Running Criteria

- Trace effusion, flexion within 5 degrees of contralateral side
- LSI on anterior reach Y balance test  $\geq 90\%$
- LSI on quadriceps torque output on isometric measurement  $\geq 75\%$
- 12" SL squat tolerance
- Able to walk > 1 mile with no limping or pain
- Able to "hop" with UE assist on operative leg 5 times without pain or compensation
- SL balance with eyes closed 30 seconds without loss of balance



## Return to Agility/Change of Direction Criteria

- Return to running criteria listed above met
- No effusion
- Full ROM
- Quad LSI on isokinetic  $\geq 85\%$
- Hamstring LSI on isokinetic  $\geq 85\%$
- LSI on anterior reach Y-balance  $\geq 95\%$
- SL hopping pain-free and effusion free



## Return to Sport Criteria

- In order to test must demonstrate full AROM, no pain, no/trace effusion, 5/5 strength, negative lachman and pivot shift, LSI  $\geq 95\%$  hamstring curl and leg press
- Quadricep strength  $\geq 95\%$  of contralateral side (< 2cm of atrophy)
- Able to perform single leg squat with correct form
- LSI SL hop  $\geq 95\%$
- Y-Balance  $\geq 95\%$  (mean of 3 trials in anterior, posterolateral, posteromedial /100)
- Vertical jump test, single leg hop distance, and timed single leg hop over 20 -feet  $\geq 90\%$  of contralateral side

