



## **Meniscus Debridement Protocol (Meniscectomy)**

### **Weeks 1-2**

- Ice / Massage / Pain modalities as indicated
- Weight bearing as tolerated
  - Use crutches until can walk without a limp
- Edema control therapy
- Range of motion exercise
  - Goal: 0 to 90 degrees by 2 weeks post-op
  - Active assist, progress to active as tolerated
- Quad activation exercise
  - Straight leg raise (neutral and external rotation)
  - Supine quad squeeze sets
  - E-stim as indicated
- Quad and hamstring stretching
- IT band stretching and strengthening
- Achilles stretching
- Hip stretching
- Begin hip and core strengthening exercise

### **Weeks 3-8**

- Continue edema control therapy
- Continue pain modalities as indicated
- Progress to symmetric range of motion
- Enhance quad strengthening
  - Introduce seated and standing knee extensions (0 to 20 degrees of flexion only)
  - Focus on eccentric component of motion
  - Rationale is to strengthen quad prior to patella engaging in trochlea
- Hamstring strengthening
  - Improve hamstring strength
  - Goal of Hamstring/Quad ratio of 80% or greater
- Eccentric closed chain isotonic exercise as tolerated
- Maximize hip and core strengthening exercise
  - Hip abductors, extensors, adductors, external rotators
- Improve flexibility of core, hip, lower extremity
  - Focus on hamstring and Achilles flexibility
- Progress cardiovascular exercise and endurance
  - Elliptical
  - Bike
- Balance and gait training
- Introduce plyometric exercise as indicated
- Sport specific drills/exercise as indicated