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