



Kai Mithoefer, MD

840 Winter Street, Waltham, MA 02451
125 Parker Hill Avenue, Boston, MA 02120
40 Allied Drive, Dedham, MA 02026
800 West Cummings Drive, Woburn, MA 01801
Phone 617.264.1100, Fax 617.264.1101
www.bostonjointpreservation.com

Postoperative Rehabilitation Guidelines

Arthroscopic Meniscectomy

The intent of this protocol is to provide the clinician with a guideline of the post-operative rehabilitation course of a patient that has undergone an arthroscopic meniscectomy. It is not means intended to be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a post-operative patient, they should consult with the referring surgeon.

Progression to the next phase based on clinical criteria and/or time frames as appropriate.

Phase 1- Recovery Phase Protection - Weeks 1-2:

Goals:

- Diminish inflammation and swelling
- Restore ROM
- Reestablish quadriceps muscle activity

Immediate Postoperative Day 1 – Week 2

- Ice, compression, elevation
- Electrical muscle stimulation
- Aggressive efforts to reduce effusion

- Patellar mobilization
- Scar tissue mobilization
- PROM/AROM as tolerated ROM
- Strengthening Exercises
 - Quadriceps isometrics initially then advance as tolerated
 - Hamstring isometrics initially then advance as tolerated
 - Hip abduction and adduction
- Weight-bearing as tolerated
- Proprioception training as tolerated

Phase 2- Activation Phase - Weeks 3-4

- Progressive resistance exercises (PREs)
- Limited range knee extension (in range less likely to impinge or pull on repair)
- Toe raises
- Mini squats less (than 90 degrees flexion)
- Cycling (gentle progressive resistance)
- Unloaded flexibility exercises

Phase 3- Progression Phase- Weeks 5-6

Exercises:

- Lateral step-ups
- Mini squats

Endurance Program:

- Swimming (no frog kick), pool running-if available
- Cycling
- Elliptical

Coordination Program:

- Balance board
- Pool sprinting-if pool available
- Backward walking
- Plyometrics

Phase 4- Return to Activity Phase - Weeks 7-8

Criteria for progression to Phase 3

- Full, pain free ROM
- No pain or tenderness
- Satisfactory clinical examination

Goals:

- Increase power and endurance
- Emphasize return to skill activities

- Prepare for return to full unrestricted activities

Exercises:

- Continue all exercises
- Increase plyometrics, pool program
- Initiate running program

Return to Activity: Criteria

- Full, pain free ROM
- Satisfactory clinical examination

Criteria for discharge from skilled therapy:

- Non-antalgic gait
- Pain free/full ROM
- LE strength at least 4+/5
- Independent with home program
- Normal age appropriate balance and proprioception
- Resolved palpable edema