



**BAY AREA ORTHOPEDIC**  
SURGERY & SPORTS MEDICINE

Teodoro P. Nissen, M.D., Q.M.E.  
Fellowship Trained  
Board Certified

Joseph M. Centeno, M.D.  
Fellowship Trained  
Board Certified

### POSTOPERATIVE REHABILITATION MENISECTOMY

Rehab following a partial medial or lateral meniscectomy can usually progress as tolerated, with no contraindications or limitations due to the fact that there is no anatomic structure that must be protected. Goals are early control of pain and edema, immediate weight bearing, obtaining and maintaining full ROM and regaining proper quadriceps strength. The following is a rehab progression provided by S. Brent Brotzman and Kevin E. Wilk.

#### Phase 1: Acute phase

Goals: Diminish inflammation and swelling

Restore ROM

#### Days 1-3

- Cryotherapy
- Light compression wrap
- Electrical muscle stimulation to quadriceps
- Strengthening Exercises: Straight leg raises, hip adduction and abduction,  $\frac{1}{4}$  and/or  $\frac{1}{2}$  squats
- Active assisted ROM stretching, emphasizing full knee extension (flexion to tolerance)
- Weight bearing as tolerated (use of axillary crutches as needed)

## **Days 4-7**

- Cryotherapy and continued use of compression wrap
- Electric muscle stimulation to quadriceps
- Strengthening Exercises: Straight leg raises, quadriceps sets, hip adduction and abduction, knee extension 90-40 degrees, ¼ and/or ½ squats
- Balance/proprioceptive drills
- Active assisted, passive ROM, and stretching exercises (hamstrings, gastrocsoleus, quadriceps)
- Weight bearing as tolerated

## **Days 7-10**

- Continue all exercises and add: Leg press (light weight), toe raises, and hamstring curls
- Bicycle (when ROM 0-105 degrees with no swelling)

## **Phase 2: Internal Phase**

Goals: Restore and improve muscular strength and endurance

Reestablish full nonpainful ROM

Gradual return to functional activities

## **Days 10-17**

- Bicycle, Stairmaster and/or elliptical trainer for motion and endurance
- Strengthening and coordination exercises: Lateral lunges, front lunges, ½ squats, leg press, lateral step ups, knee extension (90-40 degrees), hamstring curls, hip adduction and abduction, hip flexion and extension, toe raises
- Proprioceptive and balance training
- Stretching exercises

## **Day 17-Week 4**

- Continue all exercises
- Pool program (deep water running and leg exercises)
- Compression brace may be used during activities

Criteria for progression to Phase 3: Satisfactory clinical examination (minimal effusion)

Full/nonpainful ROM

No pain or tenderness

Satisfactory isokinetic test

## **Phase 3: Advanced Activity Phase – Weeks 4-7**

Goals: Enhance muscular strength and endurance

Maintain full ROM

Return to sport/functional activities

- Therapeutic exercises: Continue to emphasize closed-kinetic chain exercises

May begin plyometrics

Begin running program and agility drills