

Postoperative Rehabilitation Protocol for
Meniscectomy / Loose Body Removal / Shaving Chondroplasty

**Physical Therapy should be started within a week after surgery*

Postoperative weeks 0-2

- Crutch use
 - Use crutches as needed to walk. Discontinue crutch use when swelling has decreased and when quadriceps recruitment and normal gait mechanics are restored
- Range of Motion
 - Progress ROM as tolerated to restore normal motion
- Strengthening
 - Restore quadriceps recruitment through strengthening exercises
- Modalities PRN

Postoperative weeks 2-6

- Progress to full weight-bearing, normal gait (if not already performing)
- Range of Motion
 - Restore / maintain full active ROM
- Strengthening
 - Progress strengthening exercises
 - Progress to closed-chain exercises with resistance

Postoperative weeks 6+

- Restore pre-operative activity level
- Enhance muscular strength/endurance
- Progress to activity-specific strengthening exercises
- Begin plyometric / jumping exercises
- Begin running program (walk-run progressions)
- Begin cutting / agility exercises