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## **ARTHROSCOPIC MENISECTOMY/ CHONDRAL DEBRIDEMENT REHABILITATION PROTOCOL**

### **Phase I (0-2weeks)**

#### **Goals:**

- Control pain/swelling
- Prevent muscular atrophy
- Regain full ROM
- Return to normal gait pattern

#### **Precautions:**

- Crutches with partial weight-bearing as tolerated, wean off crutches when able to walk without a limp.
- Wound Care: Post-Operative dressings may be changed at day 2-3 three. You may shower on day 3 if wounds are not red or draining. Cover the wound with a clean dry dressing until post-operative day 7. Do not submerge the incisions underwater until 3-4 days after stitches are removed.

#### **Therapeutic Exercise:**

- Wall Slides/PROM
- Patellar Mobilizations
- Quad sets/SLR's/Hip exercises
- Closed chain activities as tolerated
- Proprioception
- Stationary cycling low resistance (approx 60-120 RPM's)

#### ***Criteria for progression to phase II:***

1. Normalized Gait
2. Full ROM
3. Good quad control with SLR and balance exercises

### **Phase II (2-4weeks)**

#### **Goals:**

- Improve muscle strengthening

#### **Therapeutic exercise:**

- Increase difficulty of closed chain activity
- Step-ups; lateral step-ups; step-downs
- Increase cycling resistance/start elliptic training
- Single leg squats/lunges
- Eccentric single leg quad strengthening

#### ***Criteria for progression to phase III:***

1. Patient will be able to perform single leg eccentric exercises for 2min. (may begin light jog when achieved.)
2. Patient will be able to tolerate lateral agility side jumps with body weight for 1min.
3. Patient maintains full range of motion equal to contralateral side.
4. Patient able to tolerate 30 min. of cardiovascular exercise with bike, treadmill or elliptical trainer.
5. Progress to next phase with pain or swelling as a guide.

### **Phase III (4-6 weeks)**

#### **Therapeutic Exercise:**

- Continue prior program
- Begin low level plyometrics: jumping hopping, skip rope
- Initiate multi-directional activity (when able to tolerate double leg line jumps for 2 min)

***Criteria for return to sport:***

1. Symmetrical thigh girth
2. Involved leg strength at least 90% of uninvolved leg for quad (SL squats to fatigue) and hamstring (SL hamstring curl) strength.
3. Complete sports specific testing
4. MD clearance