

## Arthroscopic Debridement/ Partial Meniscectomy Rehabilitation

### I. PHASE I: MAXIMUM PROTECTION PHASE (Weeks 1-4)

Goals: Reduce inflammation/effusion  
Allow early healing  
Full passive knee extension  
Gradually increase knee flexion  
Restore quadriceps voluntary activation

#### **Stage 1: Immediate post-surgery days 1 through 10**

- Ice, compression, elevation
- Compression wrap dressing
- Crutches as needed
- ROM (passive 0-90) to tolerance
- Patellar mobilizations
- Stretch hamstrings, calf, hip flexors
- Strengthening exercises (electrical stimulation to quads):
- Quad sets
- SLR flexion
- Hip Abd/Adduction
- Knee extension 90-40 degrees
- Mini Squats 0-50/60 degrees
- Avoid active resisted knee flexion

#### **Stage 2: Weeks 2 through 4**

- Discontinue crutches when able
- Continue use of ice and compression
- Continue compression wrap
- ROM guidelines
- Gradually increase PROM as tolerated
- Week 2: 0-125 degrees
- Week 3: 0-135 degrees
- Week 4: 0-145 degrees

\*Discontinue crutches when safe and proper gait (usually during week 2)

- Continue PROM exercises and stretching
- Strengthening exercises (see attached sheet Phase I exercises)
- SLR (all 4 planes)
- Knee extension 90-0 degrees
- CKC mini-squats 0-45 degrees
- CKC wall squats 0-60 degrees
- Initiate CKC exercises
- Lateral and front step overs
- Lateral lunges
- Step downs (lateral)
- Step downs (front)
- Bicycle
- Pool exercises (once incision is closed)

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## II. **PHASE II: INTERMEDIATE PHASE (Weeks 4-6)**

Goals: Full PROM

Minimal to no swelling/inflammation

Restore quadriceps strength

Gradually increase functional activities

- Continue use of ice and compression as needed
- Continue ROM and stretching to maintain 0-135 degrees
- Progress strengthening exercises
- Leg press 70-0 degrees
- Knee extension 90-40 degrees
- Hip Abd/Adduction
- Wall squats 0-70 degrees
- Vertical squats 0-60 degrees
- Lateral step-ups
- Front and lateral lunges
- Hamstring curls
- Balance/proprioception training
- Biodex stability
- Squats rocker board
- Cup walking (step overs)
- Standing on foam single leg
- Bicycle (if ROM permits)
- Pool program (may begin running in pool)
- Elliptical

\* May be able to begin running if cleared by physician or medical team

## III. **PHASE III: ADVANCED ACTIVITY PHASE (Weeks 6-8)**

Goals: Improve strength and endurance

Maintain full ROM

Gradually increase applied stress

### **Week 6**

- Continue all strengthening exercises listed above (Phase II and III activities) see attached sheet
- May initiate stair stepper if appropriate
- Treadmill walk/run program

### **Week 7**

- Continue strengthening and stretching program

## IV. **PHASE IV: RETURN TO ACTIVITY PHASE (Week 8 and beyond)**

Goals: Improve strength and endurance

Prepare for unrestricted activities

### ***Criteria to progress to Phase IV***

- Full non-painful ROM
  - No pain or tenderness
  - Satisfactory clinical exam
  - Satisfactory isokinetic test
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### **Exercises**

- Continue and progress all strengthening exercises and stretching drills
  - Deep squatting permitted at 4 months
  - Initiate straight line running: 4 months
  - Initiate pivoting and cutting: 5 months
  - Initiate agility training: 5 months
  - Gradually return to sports: 6 months
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