

Partial Meniscectomy

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PRISMA
HEALTHSM

Phase I Maximum Protection (Weeks 1-4)

Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full extension both passive and active
- Good quadriceps activation
- No extension lag with straight leg raise
- Full extension

Stage 1: Immediate Post-Surgery days 1-10

- 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 2-4

- 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)

Phase II Progressive Stretching & Early Strengthening (Wks 4-6)

Goals

- Full PROM
- Minimal to no swelling/Inflammation
- Restore Quadriceps Strength
- Gradually Increase Functional Activities

Exercise Progression

- 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

Phase III – Advanced Strengthening & Endurance (Wks 6-8)

Goals

- Improve strength and endurance
- Maintain full ROM
- Gradually Increase applied stress

Week 6

- Continue all strengthening exercises listed above
- May initiate stair stepper if appropriate
- Treadmill walk/run program

Week 7

- Continue strengthening and stretching program

Phase IV – Return to Activity (Wks 8+)

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

Exercise Progression

- Continue and progress all strengthening exercises and stretching drills
 - Deep squatting permitted at 3 months
 - Initiate straight line running: 2 months
 - Initiate pivoting and cutting: 3 months
 - Initiate agility training: 3 months
 - Gradual return to sports: 3 months
1. break up the weight room and functional work in two separate times during the day. Many working adults don't have that luxury so it is important to structure a program that can be complete in about 90 minutes to ensure quality work.