
Meniscectomy Protocol

Weight bearing as tolerated
May use crutches per pain
No forceful ROM for patients with grade III/IV chondral changes
Watch for any increase in pain/swelling before introducing new exercises
May advance to home exercise program when the patient is ready

WEEK 0-1

- ROM 0-90
- Passive seated knee flexion
- Patellar mobilization
- Ankle pumps
- Calf stretching
- Straight leg raises (Hip flexion and abduction only)
- Quad sets with use of NMES as needed
- Initiate standing weight shifts

WEEK 2-4

- ROM as tolerated
- Continue the previous exercises
- Stationary biking for ROM and progress toward endurance training
- May start pain free closed kinetic chain exercises 0-45 degrees
- Gait training
- Hamstring curl
- Initiate SLR hip adduction/extension as tolerated by pain
- Initiate core strengthening
- Balance Board or Single Leg Balancing

WEEK 5-10

- Full ROM
- May start light impact activities and progress to running/jumping
- Progress closed kinetic chain exercises as tolerated
- Functional progression, sport specific activities or work specific exercises as appropriate