

# ARTHROSCOPIC MENISECTOMY, LOOSE BODY REMOVAL, OR DEBRIDEMENT PROTOCOL

● DO THAT EXERCISE FOR THAT WEEK/MONTH		WEEKS										MONTHS			
		1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>RANGE OF MOTION RESTRICTIONS</b>	Phase I: Initial Exercises														
	Extension/Flexion – Wall Slides	●	●	●	●	●	●	●	●	●	●	●			
	Extension/Flexion - Sitting	●	●	●	●	●	●	●	●	●	●	●			
	Extension/Flexion - Prone	●	●	●	●	●	●	●	●	●	●	●			
	Quad Sets with straight leg raises	●	●	●	●	●	●	●	●	●					
	Hamstring Sets	●	●	●	●	●	●	●	●	●					
	Patellar Mobilization (quad/patellar tendon)	●	●	●	●	●	●	●	●	●	●	●	●		
	Ankle Pumps	●	●	●	●										
	Sit and Reach for Hamstrings (towel)	●	●	●	●	●	●	●	●	●	●	●	●	●	●
	Runners Stretch for Calf / Achilles	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>BRACE SETTINGS</b>	Stork Stand for Quadriceps		●	●	●	●	●	●	●	●	●	●	●	●	
	Toe and Heel Raises	●	●	●	●	●	●	●	●	●					
	1/3 knee bends		●	●	●	●	●	●	●	●					
	Cardiovascular Exercises														
	Bike with SINGLE Leg / SINGLE Leg Rowing	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Bike with BOTH Legs	●	●	●	●	●	●	●	●	●	●	●	●	●	
	Aquajogging			●	●	●	●	●	●	●	●	●	●	●	
	Treadmill Incline 7-12% (walking)			●	●	●	●	●	●	●	●	●	●	●	
	Swimming with fins					●	●	●	●	●	●	●	●	●	
	Elliptical Trainer					●	●	●	●	●	●	●	●	●	
<b>WEIGHT BEARING STATUS</b>	Stair Stepper					●	●	●	●	●	●	●	●	●	
	Phase II: Intermediate Exercises														
	Non WB Double Knee Bends			●	●	●	●	●	●						
	Touch Down WB Carpet Drags			●	●	●	●	●	●						
	Partial (30%) WB Gas Pedal			●	●	●	●	●	●						
	Full WB Forward / Backward Jogging				●	●	●	●	●	●	●	●	●		
	WB as tolerated Single Knee Bends				●	●	●	●	●	●	●	●	●		
	Side to Side Lateral Agility					●	●	●	●	●	●	●	●		
	Phase III: Advanced Exercises / Weights														
	Advanced agility exercises						●	●	●	●	●	●	●	●	
<b>TIME LINES</b>	Leg press to 90 Degrees						●	●	●	●	●	●	●	●	
	Week 1 (POD 1-7) Leg Curls - NO Hyperextension						●	●	●	●	●	●	●	●	
	Week 2 (POD 8-14) Abduction / Adduction						●	●	●	●	●	●	●	●	
	Week 3 (POD 15-21) Squats with bar							●	●	●	●	●	●	●	
	Week 4 (POD 22-28) Running/Skating/Golf etc progression							●	●	●	●	●	●	●	
	Phase IV: High Level Activities														
	Outdoor Biking / Golf						●	●	●	●	●	●	●	●	
	Running							●	●	●	●	●	●	●	
	Skiing / basketball / tennis / contact sports								●	●	●	●	●	●	

## REHABILITATION PROGRESSION

- The following are guidelines for rehabilitation progression following meniscectomy, loose body removed, or debridement etc. Weight bearing as tolerated. Using two crutches progressing to D/C crutches as swelling and quad status dictates.