



Arthroscopic Partial Meniscectomy

General Guidelines: Please read and follow guidelines below. Progression is both criteria-based and patient specific. Phases and time frames are designed to give the clinician a general sense of progression. Phases and time frames are designed to give the clinician a general sense of progression. Concomitant injuries such as degenerative joint disease may alter the guidelines. Follow physician's modifications as prescribed

Post – Operative Phase I (Weeks 0-2) Emphasize Normal gait pattern

- Emphasize patient compliance with HEP

Goals:

- Full passive extension
- Control post-operative pain / swelling
- Progressive ROM, advance as tolerated
- Normalized gait
- Prevent quadriceps inhibition
- Independence in home therapeutic exercise program

Precautions:

- Avoid prolonged standing/walking
- Premature discharge of assistive device
- Non-reciprocal stair ambulation
- Avoid unilateral stance activities

Treatment Recommendations

- Quadriceps re-education, patella mobilization, A/AAROM for knee flexion, knee extension, hip progressive resisted exercises, proprioception training, cryotherapy with knee extension, modalities for muscle re-education, pain and edema, prn
- Emphasize patient compliance to HEP and weight bearing precautions/progression

Minimum Criteria for Advancement to Next Phase:

- 0° knee extension, minimum of 125° knee flexion
- Demonstrate ability to unilateral (involved extremity) weight bear without pain

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

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TENNESSEE ORTHOPAEDIC ALLIANCE

Post – Operative Phase II (Weeks 2-6)

- Emphasize eccentric quadriceps control
- Emphasize functional progression

Goals:

- Full ROM
- Minimal swelling
- Able to reciprocate stairs
- Ascend and descend 8" stairs with good control, without pain

Precautions:

- Avoid pain with therapeutic exercise & functional activities

Treatment Recommendations:

- Continue phase I exercises as appropriate
- Advance exercises as tolerated: flexibility, leg press, OKC KE in a pain-free, crepitus-free arc, proprioceptive training, step up/ step down program, elliptical trainer
- Progress/advance patients home exercise program (evaluation based)

Minimum Criteria for Advancement:

- ROM WNLs
- Demonstrate ability to descend 8" step
- Good patella mobility
- Functional progression pending functional assessment

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TENNESSEE ORTHOPAEDIC ALLIANCE

Post – Operative Phase III (weeks 6-8) Emphasize return to function/sport

Goals:

- Return to full activity level
- Demonstrate ability to run pain free
- Maximize strength and flexibility as to meet demands of ADLs
- Isokinetic Testing and/ or Hop Test > 85% limb symmetry

Precautions:

- Avoid pain with therapeutic exercise & functional activities
- Running and sport activity when adequate strength and MD gives clearance
- Patellofemoral pain

Treatment Recommendations:

- Initiate running when able to descend an 8" step without pain/ deviation, plyometrics, agility – sport specific training, advanced proprioceptive training, advanced LE strengthening

Criteria for Discharge:

- Hop Test > 85% limb symmetry
- Lack of apprehension with sport specific movements
- Flexibility to accepted levels of sport performance
- Independence with gym program for maintenance and progression of therapeutic exercise program at discharge
- Protect patello-femoral joint from excessive load

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