



Green Bay • Fox Valley • Marinette

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Physical Therapy Protocol: Knee Meniscectomy

Philosophy:

Knee surgery for arthroscopic meniscectomy is one of the most common surgeries performed by orthopedic surgeons. The recoveries are generally very quick but can vary for patients over age 35. There is a general expectation for 95%-99% return to activities, but there can be soreness and ache in patients up to 8 weeks after surgery. A strong, pain-free knee with functional range-of-motion only comes about with aggressive (but appropriate) physical therapy performed with the therapist and at home.

Phase I, surgery to 2 weeks

OSMS appointments:

Medical appointments at 2 weeks

Physical therapy will begin as directed by your physician and as indicated on your physical therapy order

Rehabilitation Goals:

Rapid recovery

Precautions:

Leave the post-surgical dressing for 5 days

Consider crutches for the first 24-48 hours

Suggested Therapeutic Exercises:

Quadriceps sets, SLRs, calf pumps, heel slides

Cardiovascular Exercises:

Encouraged as tol

Progression Criteria:

Patient may progress to phase II after 2 weeks if they have safe gait

No effusion

Phase II, (usually at 2-6 weeks)

Rehabilitation Goals:

Good quadriceps control

Full ROM

Improve hip & core strength, balance & proprioception

Suggested Therapeutic Exercises:

Progressive squat program



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Leg press, lunges
Single leg standing control
Functional single plane closed chain movements
Agility exercises (sport cord)
Balance and proprioceptive exercise
Single leg balance board
Cardiovascular Exercises:
Encouraged as tol