



Green Bay • Fox Valley • Marinette • Oshkosh  
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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



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## *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
- 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 tolerable