

Orthopedic Associates of Hartford, P.C.
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31 Seymour St #100
Hartford, CT 06106
Phone: 860-244-1017, Fax: 860-524-8965
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Date of Surgery:

Post-Operative Rehabilitation Protocol:

Partial Meniscectomy, Chondroplasty, Synovectomy, Removal Loose Bodies

PHASE I: IMMEDIATE POST-OPERATIVE PHASE (WEEKS 0-4)

GOALS: Decrease swelling, pain control, prevent quad atrophy.

I. Immediate Post-Operative to Week 4:

A. General:

- * Elevate knee above heart level often
- * Ice 20 minutes/hour

B. Weight Bearing:

- * WBAT
- * Discontinue assistive devices as tolerated

C. Range of Motion Goals:

- * AROM, PROM 0°-90°. Advance as tolerated

D. Treatment / Exercises:

- * Ankle pumps, Theraband ankle exercises
- * Toe raises
- * Gentle patellar mobilization/scar mobilization
- * VMO quad sets with biofeedback
- * EMS especially important if patient unable to initiate quad sets or independent SLR
- * Straight leg raises – 4 directions
- * Gastroc stretching
- * Stationary bike Week 2 if swelling/pain controlled
- * ***NO high impact exercise***

PHASE II: STRENGTHENING AND ENDURANCE PHASE (WEEKS 4-8)

GOALS: Diminish pain/inflammation, full range of motion, improve neuromuscular control.

Enter Phase II if:

- ✓ Minimal swelling
- ✓ ROM at least 0°-90°

II. Weeks 4-8:

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A. General:

- * Ice 20 minutes/hour at patient's discretion

B. Weight Bearing:

- * WBAT

C. Range of Motion Goals:

- * Full AROM, PROM

D. Treatment / Exercises:

- * Continue above treatment
- * Chair squats (0°-90°)
- * Leg press (0°-90°)
- * Surgical tubing exercises – diagonal patterns
- * Cycling
- * Isokinetic exercises
- * Swimming, pool running/sprinting
- * Nordic track, elliptical
- * Stair machine
- * Cycling
- * Balance board
- * Backward walking
- * Plyometric program
- * Initiate light running on soft surface (track, treadmill, grass)

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PHASE III – RETURN TO FULL ACTIVITY PHASE (WEEKS 8+)

GOALS: Improve strength/endurance. Gradual return to activity

Enter Phase III if:

- ✓ Full painless ROM
- ✓ No pain/tenderness
- ✓ Satisfactory isokinetic test
- ✓ Strength at least 90% of unaffected limb
- ✓ Satisfactory clinical exam

III. Weeks 8+:

A., B., C. As Above

D. Treatment / Exercises:

- * Continue previous treatment / exercises
- * Sport-specific training
- * Return to full activity with MD approval

*** Addendum**

This protocol provides general rehabilitation guidelines following Knee Arthroscopy for partial meniscectomy, chondroplasty, synovectomy, and removal of loose bodies. The timeframe described above is for general use. It is subject to modification depending on the extent and pattern of the injury as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.