

## Partial Meniscectomy Protocol

### Phase I (1-2 weeks)

<b>Goals of Phase I:</b>	Decrease pain and edema to allow healing. Restore knee ROM to 0-120 degrees. Restore quad muscle activation.
<b>Treatment:</b>	AAROM Patellar mobilization Isometrics Stationary bike for ROM 4 way hip Modalities: ice, E-stim, US for pain and inflammation NMES for muscle re-education. Gait training
<b>Restrictions:</b>	WBAT. Discharge crutches when gait is normalized. Let pain be the guide for ROM and increased activity

### Phase II: (2-6 weeks)

<b>Goals of Phase II:</b>	Full, pain free ROM Normalize gait on level surfaces and stairs. Gradual return to functional activities
<b>Treatment:</b>	Continue all from phase I Add elliptical, treadmill, bike for CV exercise. Balance/ proprioceptive exercises Closed chain exercises (leg press, steps, lunges, calf raises) Hip and ankle strengthening as appropriate. Include eccentric strengthening
<b>Restrictions:</b>	per MD

### Phase III: (7 weeks and later)

<b>Goals of Phase III:</b>	Full return to sport and activity.
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**Treatment:**

Plyometrics

Focus on sports specific training, running, agility.

Gym program

Balance/ proprioceptive exercises

**Restrictions:**

per MD