



JOSEPH R LOCKER, M.D.
1710 SE 16th Avenue, Ocala, FL 34471 • 352-620-1900

PARTIAL MENISCECTOMY

Phase 1: Acute phase

Goals:

- Weight bearing and exercise progression to tolerance
- Diminish pain, inflammation and swelling
- Restore ROM
- Reestablish quadriceps muscle activity

Days 1-3

- Cryotherapy
- Light compression wrap
- Electrical muscle stimulation to quadriceps
- Strengthening Exercises: Straight leg raises, hip adduction and abduction, $\frac{1}{4}$ and/or $\frac{1}{2}$ squats
- Active assisted ROM stretching, emphasizing full knee extension (flexion to tolerance)
- Weight bearing as tolerated (use of axillary crutches as needed)

Days 4-7

- Cryotherapy and continued use of compression wrap
- Electric muscle stimulation to quadriceps
- Strengthening Exercises:
 - Straight leg raises, quadriceps sets, hip adduction and abduction
 - Knee extension 90-40 degrees, $\frac{1}{4}$ and/or $\frac{1}{2}$ squats
- Balance/proprioceptive drills
- Active assisted, passive ROM, and stretching exercises hamstrings, gastrocsoleus, quadriceps)
- Weight bearing as tolerated

Days 7-10

- Continue all exercises and add: Leg press (light weight), toe raises, and hamstring curls
- Bicycle (when ROM 0-105 degrees with no swelling)

Phase 2: Internal Phase

Goals:

- Restore and improve muscular strength and endurance
- Reestablish full pain free ROM
- Gradual return to functional activities

Days 10-17

- Bicycle, Stairmaster and/or elliptical trainer for motion and endurance
- Strengthening and coordination exercises: Lateral lunges, front lunges, ½ squats.
- Leg press, lateral step ups, knee extension (90-40 degrees), hamstring curls
- Hip adduction and abduction, hip flexion and extension, toe raises
- Proprioceptive and balance training
- Stretching exercises

Day 17-Week 4

- Continue all exercises
- Pool program (deep water running and leg exercises)
- Compression brace may be used during activities

Criteria for progression to Phase 3:

- Satisfactory clinical examination (minimal effusion)
- Full/pain free ROM
- No pain or tenderness
- Satisfactory isokinetic test

Phase 3: Advanced Activity Phase

Goals:

- Enhance muscular strength and endurance
- Maintain full ROM
- Return to sport/functional activities

Week 4-7

- Therapeutic exercises: Continue to emphasize closed-kinetic chain exercises
- May begin plyometrics
- Begin running program and agility dri