



# JOSEPH R LOCKER, M.D.

1805 SE 16th Ave., Suite 1002 Ocala, FL 34471 • 352-620-1900

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## 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