

Partial Meniscectomy – Chondroplasty/Debridement

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PHASE I – PROTECTION PHASE (WEEK 0-2)

- Goals
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
- Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
- Weight Bearing
 - As tolerated with crutches as needed
- Muscle Retraining
 - Quadriceps isometrics
 - SLR
 - Proprioceptive training
 - Others per therapist discretion

PHASE II – INTERMEDIATE PHASE (WEEK 2-4)

- Goals
 - Full ROM
 - Good quad recruitment
 - Preparation for advanced exercises
 - No increased pain/effusion
- Strength/Proprioceptive training
- Endurance program
- Flexibility program

PHASE III – ADVANCED PHASE (WEEK 4-6)

- Goals
 - Full ROM
 - Eliminate swelling
 - Functional exercise movements
- Criteria to progress to Phase III
 - Minimal inflammation/pain
 - Near full ROM
 - Strong quadriceps contraction
- Continue quadriceps strengthening
- Continue above exercises
- May begin plyometrics
- May begin pool program
- Initiate return to sport activities
- Criteria to return to full activity
 - Full, painless ROM
 - Satisfactory clinical exam