

# PARTIAL MENISCECTOMY

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT

## RESTRICTIONS:

### WEIGHT BEARING

Activity as tolerated

### BRACE SETTINGS:

Sleeve brace PRN for comfort

### ROM:

No restriction, as tolerated

Do **NOT** rest with a pillow under your knee

## QUICK TIPS

The use of ice and compression reduces need for narcotics post-op

Early emphasis on full passive extension & gentle patellar mobility

## EARLY RECOVERY STAGE: WEEK 0 TO 2

### GOAL

+ Protect surgical wound. Begin PT 3-5 days after surgery. PT 2-3 visits.

### MOTION

+ Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy  
+ Stretches – Hamstrings seated with towel

### THERAPEUTIC EXERCISE

+ Ankle pumps, Isometric quad sets → SLR with NMES, glute and hamstrings sets

### CARDIOVASCULAR EXERCISE

+ Bike without resistance, upper body circuit training

### OTHER

+ Keep incision and sutures dry.  
+ Ice/compression, edema control

***2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC***

## STAGE II: WEEK 3 TO 8

### GOAL

+ Activate quadriceps, increase muscular endurance. PT 2 times per week.

### MOTION

+ Patella mobilizations, flexion/extension supine wall slides, flexion/extension seated AAROM, extension mobs/manual therapy  
+ Stretches – Hamstrings seated with towel progress to supine with towel

### THERAPEUTIC EXERCISE

+ Continue: Ankle pumps, SLR with NMES  
+ Begin: squat progression (shallow → 90 deg), bridges, reverse lunge with static hold, open chain hip abduction/extension in supine or standing.  
+ Week 5 begin balance squats, SL deadlift, leg press

### CARDIOVASCULAR EXERCISE

+ Bike with resistance, Treadmill walking with incline as tolerated, upper body circuit training.  
+ Week 5 may add elliptical trainer, rower or stair stepper

### OTHER

+ Keep incision and sutures dry. No immersion until **4 weeks** post-op.  
+ Running – if desired – begin running progression at **Week 8**.

***6-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC***

**FOLLOW UP:**

- 2 weeks
- 6 weeks
- 3 months\*
- 6 months\*

**RETURN TO SPORT:**

Return to sport should not occur until testing indicates 85% or greater results compared to uninjured leg

*Exercise testing to be performed at Dr. Logan's office at 3 & 6 months.*

\*Please wear athletic clothes and shoes for exercise testing

**HIGH LEVEL ACTIVITIES**

Outdoor biking, hiking, snowshoeing may generally begin after 3-month follow-up.

Similarly, skiing, basketball, tennis, etc is allowed ~3-months after surgery → Exercise Testing at the 3-month follow-up will ultimately determine readiness.

**STAGE III: WEEK 9 TO 16**

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**GOAL**

+ Increase muscular strength. PT 1-2 times per week.

**MOTION**

+ Stretching and mobilization maintenance program

**THERAPEUTIC EXERCISE**

+ Continue: Balance squats, reverse lunges, open chain hip abduction/extension in standing, SL deadlift, leg press.

+ Begin: Agility exercises – single plane → multi-directional

**CARDIOVASCULAR EXERCISE**

+ Bike with resistance, treadmill walking with incline as tolerated versus jogging, upper body circuit training, elliptical trainer, rower or stair stepper

**OTHER**

+ Return to sport/activity testing at 3-month follow-up

**3-MONTH MDT FOLLOW-UP @ DR. LOGAN'S CLINIC WITH EXERCISE TESTING**

**STAGE IV: WEEK 16+**

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**GOAL**

+ Return to preferred activities/sport. PT 1 time/week → bi-weekly.

**MOTION**

+ Stretching and mobilization maintenance program

**THERAPEUTIC EXERCISE**

+ Continue: Balance squats, reverse lunges, open chain hip abduction/extension in standing, SL deadlift, leg press.

+ Advance with dumbbells/added resistance and/or surface

+ Agility exercises – single plane → multi-directional

**CARDIOVASCULAR EXERCISE**

+ Continue: Bike with resistance, treadmill walking with incline as tolerated, upper body circuit training, elliptical trainer, rower or stair stepper

**OTHER**

+ Sport/Activity based training exercises

**6-MONTH MDT FOLLOW-UP @ DR. LOGAN'S CLINIC WITH FINAL EXERCISE TESTING**