

Partial Meniscectomy Postoperative Rehabilitation Protocol

Core Rehabilitation Guidelines

- Week 1: Toe touch weight bearing with crutches
- Week 2: Progress to weight bearing as tolerated and wean off crutches
- Brace: None
- Return to sports-specific training by 4 months

Specific Rehabilitation Timeline: Weeks 0-2

- Weight bearing:
 - Toe touch weight bearing for 1st week
 - Progress to weight bearing as tolerated by 2nd week
- Range of Motion
 - Weeks 0-1: 0-90 degrees only
 - Weeks 1+: may progress ROM to tolerance
- Therapeutic Exercises
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations

Specific Timeline: Weeks 2-6

- Weight bearing: As tolerated - discontinue crutch use as gait normalizes
- Range of Motion – Full active ROM
- Therapeutic Exercises
 - Can begin partial wall-sits – Keep Knee Flexion Angle Less Than 90°
 - Closed chain extension exercises, Hamstring strengthening
 - Lunges 0-90°, Leg press 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle

Specific Timeline: Weeks 6-12

- Weight bearing - Full weight bearing with normal gait pattern
- Range of Motion – Full/Painless ROM
- Therapeutic Exercises
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength

Specific Timeline: Weeks 12 and Beyond

- Begin jogging/running
- Plyometrics and sport-specific drills
- Gradual return to athletic activity as tolerated
- Maintenance program