

**MENISCECTOMY, DEBRIDEMENT, LYSIS OF ADHESIONS (LOA)  
WITHOUT DEGENERATIVE JOINT DISEASE (DJD)**  
Post-Operative Protocol

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**Phase I – Maximum Protection**

**Weeks 0 to 1:**

- Use crutches – partial weight bearing for 2 to 3 days, then weight bearing as tolerated.

Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full range of motion progressing as tolerated

Exercise progression

- Quadriceps setting using NMES as needed
- Multi-plane straight leg raising
- Gait training

**Phase II – Progressive Stretching and Early Strengthening**

**Weeks 1 to 2:**

Goals

- Full knee range of motion
- Normalize gait mechanics

Exercise progression

- Bilateral squat progression
- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Stationary biking and treadmill/outdoor walking
- Proprioception drills

**Weeks 2 to 4:**

Goals

- Control inflammation
- Increase strength and muscular endurance

Exercise progression

- Leg press, hamstring curls
- Increase intensity of stationary bike program
- May add elevation to treadmill walking and elliptical
- Deep water pool program when incisions are completely healed

**Phase III – Advanced Strengthening and Endurance Training**

**Weeks 4 to 6:**

Goals

- Full knee flexion and extension with terminal stretch
- Progressive strengthening
- Increase muscular endurance

Exercise progression

- Weighted squat progression
- Lunge progression (retro, walk and split) as indicated
- Outdoor biking

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- Lateral lunge progression
- Shallow water pool running
- Swimming free style
- Backward elevated treadmill walking
- Basic ladder series

**Phase IV – Advance Strengthening and Running progression**

**Weeks 6 to 12:**

Exercise progression

- Progressive resistance with squat and lunge strengthening program. May add leg extensions at 30°- 0° (exclude patients with patellar or trochlear groove chondral pathology)
- Linear running progression
- Advanced ladder series
- Basic plyometric box progression
- Fit functional brace

Return to Sport and Functional Drills

- Interval golf program
- Advance ladder, hurdle and plyo box progressions
- Sport specific field/court drills
- Non-contact drills

Sports test and follow-up with physician

- Follow-up examination with the physician
- Sports test for return to competition

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