Connecticut Orthopaedics

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Sports Medicine/Foot & Ankle

Meniscectomy, Debridement, Lysis of Adhesions (LOA)
With Degenerative Joint Disease (DJD)
Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 2):

- Use crutches weight 50% bearing x 1-2 weeks

Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full ROM 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 2 to 6):

Weeks 2 to 4 weeks:

Goals

- Progress off crutches
- Full knee ROM
- Normalize gait mechanics

Exercise progression

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

Weeks 4 to 6 weeks:

Goals

- Control inflammation
- Full knee ROM
- Increase strength and muscular endurance

Exercise progression

- Leg press, mini squats (as/if tolerated), hamstrings 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/IV – Advanced Strengthening and Endurance Training (Weeks 6 to 12):

Weeks 6 to 12:

Goals

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

Exercise progression

- Outdoor biking
- Swimming
- Elliptical
- Interval golf program

Revised ***