Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Meniscectomy, Debridement, Lysis of Adhesions (LOA) Without Degenerative Joint Disease (DJD)
Post-Operative Protocol

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

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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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