



Well Beyond.

**Craig A. Yager, M.D.**

**Postoperative Therapy Protocol**

## **Meniscectomy and/or Chondroplasty**

### **Functional Goals**

Weeks 0-2: Control swelling and pain, regain motion, activate quadriceps

Weeks 2-6: Regain full muscle strength and resume preoperative activities

### **Weeks 0-2**

Full weight bearing as tolerated

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Exercise	Reps/Sets	Days per Week	Goal
Supine Heel Slides	3 sets of 15 reps	6	Increase Flexion
Seated Heel Slides	3 sets of 15 reps	6	Increase Flexion
Heel Prop	3 sets of 10 minutes	6	Increase Extension
Quadricep Sets	3 sets of 15 reps	6	Reactivate Quadriceps
Ankle Pumps	20 reps per hour	7	Maintain Circulation

### **Weeks 2-6**

Continue exercises until full strength and motion regained

Exercise	Reps/Sets	Goal	Additional Information
Supine Heel Slides	3 sets of 15 reps	Improve Flexion	Stop when flexion returns to baseline
Seated Heel Slides	3 sets of 15 reps	Improve Flexion	Stop when flexion returns to baseline
Heel Prop	3 sets of 10 minutes	Improve Extension	Stop when extension returns to baseline
Quadricep Sets	3 sets of 15 reps	Reactivate Quadriceps	Stop when extension returns to baseline
Straight Leg Lift	3 sets of 15 reps	Strengthen Quadriceps	Start when full extension is reached
Short Arc Lift	3 sets of 15 reps	Strengthen Quadriceps	Stop at 6 weeks
Standing Hamstring Curl	3 sets of 15 reps	Hamstring Strengthening	Stop at 6 weeks
Standing Toe Raise	3 sets of 15 reps	Balance	Stop at 6 weeks
Stationary Bicycle	20-30 minutes per day	Motion & Strength	Stop at 6 weeks

**Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.**