

Menisectomy/Arthroscopy/Synovectomy/Lateral Release

****DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, and personal goals of the patient.

Phase I: 0 – 2 weeks

Goals for Phase I:

1. 0°-120° active range of motion
 2. Demonstrates good quadriceps/hamstring muscle tone
 3. Normal gait
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- A. Gait training: Progress to full weight bearing w/o crutches w/in 1 week
 - B. ROM: Work to restore full active/passive range of motion using heel slides, wall slides, stationary bike etc.
 - C. Strengthening: Begin with isometrics-quad, ham, add sets; straight leg raises, progressive resistive exercises: theraband, tubing, cuff weights, closed chain exercises/open chain PREs as tolerated
 - D. Flexibility: Calf, quad, and hamstring stretching
 - E. Balance/proprioception: Begin standing on one leg-eyes open/closed, BAPS board standing etc.
 - F. Soft tissue management: Wound monitoring (avoid getting stitches wet), swelling control, scar massage
 - F. Modalities: Use for pain, inflammation, swelling control, and muscle re-education as needed
 - G. Patellar Mobility: Patellar Mobs as needed to normalize. Medial glide mob emphasized following lateral release to prevent tightening from lateral scarring.

Phase II: 2 – 4 weeks

Goals for Phase II:

1. Full AROM
 2. Good-Normal quadriceps/hamstring strength
 3. Begin sports/job activities
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- A. ROM: Continue as needed.
 - B. Strengthening: More aggressive PRE's, single leg activities, free weights etc.
 - C. Functional activities: Begin sport-specific drills-hopping, cariocas, etc, begin jogging program progressing to running, figure 8s etc.
 - D. Balance/proprioception: progress as tolerated

Phase III: 4 weeks to release

Goals for Phase III:

1. Return to work/sports activities
 2. Normal strength/full range of motion/good flexibility
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- A. Continue strengthening/conditioning/functional activities as needed