



# **GOLDEN STATE ORTHOPEDICS & SPINE**

## **ARTHROSCOPIC MENISCOPEXY REHABILITATION PROGRAM**

### **STAGE 1: DAY 1 -2 WEEKS:**

- Non-weight bearing
- Wall slides
- Isometric hip adduction
- Quadriceps sets with support
- **No active terminal extension from 40 degrees to 0 degrees**
- Hamstring sets
- Ankle plantarflexion with Theraband

### **STAGE 2: WEEKS 2-6:**

- NWB until week 5
- Closed-chain kinetic exercises
- Hamstring curls
- Hip adduction
- Hip abduction (if no patellofemoral maltracking)
- Hip extension
- Heel slides (if patient demonstrates 120-125 degrees of flexion)
- Begin stationary bicycle (if patient demonstrates 115-120 degrees of flexion)
- At 4-6 weeks, Short-Arc Quads (with co-contraction of the quadriceps and hamstrings)
- **No active terminal extension from 40 degrees to 0 degrees**

### **STAGE 3: WEEKS 6-12:**

- Joint mobilization as needed (i.e. patellofemoral)
- May begin hip abduction (if not started secondary to patellofemoral joint complications)
- May begin functional activities if doing well with PREs
- Heel raises
- Eccentric quadriceps exercises
- Resisted tibial internal and external rotation, if necessary
- Standing hip flexion

### **STAGE 4: 3-6 MONTHS:**

PRE's to full extension

Return to sports if completed functional training