

Medial and/or Lateral Meniscectomy Protocol

01/01/2009

2 Days Post-Op

- Remove dressings, to steri strips
- ROM exercise
- Hip isotonic
- Quad sets
- Ham sets
- SLR
- Crutch training
- Modalities for swelling and pain

2 Days – 1 Week

- Continue modalities for swelling and pain
- Stationary bike
- Progress to full weight bearing, start with one crutch
- ROM (0-120)
- Continue strengthening ex

1-3 Weeks

- Full weight bearing
- Decrease modalities as needed
- Closed kinetic strengthening ex, high reps, low weight
- Eccentric strengthening

4 Weeks

- Work toward full function
- Normal strengthening
- Work in to sport specific training if symptom free, good strength, no swelling