

# MEDIAL AND/OR LATERAL MENISCECTOMY PROTOCOL

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## **2 Days Post-Op:**

- Remove dressing, leave steri-strips
- ROM exercises
- 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 exercises

## **1-3 Weeks:**

- Full weight bearing
- Decrease modalities as needed
- Closed kinetic strengthening exercises, height reps, low weight
- Eccentric strengthening

## **4 weeks:**

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