



EXCEPTIONAL ORTHOPAEDIC CARE BEGINS HERE

Ryan Livermore, M.D.

10100 East Shannon Woods Circle
Suite 100
Wichita, KS 67226

(316) 219-8299

Medial and/or Lateral Meniscectomy Protocol

2 days post op

Remove dressings, clean wounds, dress with bandaids
ROM exercise
Hip isotonic
Quad sets
Hamstring sets
SLR's
Crutch Training
Modalities for pain and swelling

2 days – 1 week

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

1 week – 3 weeks

Full weight bearing
Decrease modalities as needed
Closed kinetic strengthening exercises; high reps, low weight
Eccentric strengthening

4 weeks

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