

Physical Therapy Protocol Medial or lateral meniscectomy

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Week 0-6

- Full weight bearing
- Use assistive devices as needed
- Full knee range of motion, no limitations
- Quad activation, ankle pumps, straight leg raise
- Gait training
- Goal for full extension and full flexion by 6 weeks

Week 6-12

- Full weight bearing
- Wean off of assistive devices as able
- Quad activation, ankle pumps, straight leg raise
- Closed chain exercises
- Terminal knee range of motion

Week >12

- Resistance training and strengthening
- Soft tissue mobilization
- Closed chain exercises
- Progress towards home program