



Mid-America Orthopedics

Dr. Justin Strickland

1824 E. James, Derby, KS 67037 – (316) 978-9000

Meniscectomy Protocol

Days 3 -6

ROM: as tolerated (heel slides, heel prop, stretching)

Strengthening: SLR (all planes), Quad sets, Ham sets

Days 7-13

ROM: As tolerated, patient must have full extension by day 7

Strengthening: SLR (all planes), Ham curls, Total Gym squats, Closed chain quad activities

Days 14 - 20

ROM: As tolerated

Strengthening: Continue closed-chain exercise as tolerated

Days 21- Week 6

ROM: full by end of week 4

Strengthening: Continue to advance to higher level closed-chain exercise

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.