



# Mid-America Orthopedics

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## **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