



# Mid-America Orthopedics

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## **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) 630-9300.