
Partial Meniscectomy Protocol

- General** May progress range of motion (ROM) as quickly as tolerated
Initial emphasis on full extension
Weight bearing status: May be weight bearing as tolerated (WBAT)
as soon as possible
May use crutches for assistance initially, but wean as tolerated
- Week 1** Wall slides/heel slides: No limit on ROM
Prone hangs
Patellar mobilizations
Ankle pumps and gastroc/soleus stretching
Quad sets with straight leg raises in all planes
Hamstring sets
- Week 2** Same as week one
Toe raises/heel raises
Biking with both legs with light resistance
- Week 3** Same as week two
May progress resistance on bike
- Week 4** Treadmill seven percent walk
Terminal 1/3 knee bends
Progress quad strengthening with emphasis on VMO
- Week 6** Forward and backward jogging
Outdoor biking
Agility exercises
Stairmaster
Leg curls with no hyperextension
- 2 to 3 Months** Return to sports or regular activity after release from physician