



**ORTHOPEDIC
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Partial Meniscectomy Physical Therapy Protocol

Phase 1 (Week 0-1):

Goals: Minimize pain and swelling, regain motion

Treatment plan:

- 1) Swelling Control with ice and compression wrap
- 2) Progress towards full range of motion
- 3) Begin quadriceps and hamstring exercises (See attached instruction sheet)
 - Quad setting, SLR, heel slides, isometric hamstring/quadriceps contraction
 - Ankle pumps
- 4) Weight bear as tolerated with crutches
- 5) Wean off narcotic pain medication

Phase 2 (Weeks 1-3):

Goals: Muscle strengthening, independent mobility

Treatment plan:

- 1) Independent ambulation (no crutches)
- 2) Swelling control
- 3) Focus on strengthening the quadriceps and hamstring muscles
 - a. Daily exercises (physical therapy and home)

Phase 3 (Weeks 3-5):

Goals: Full lower extremity strengthening/conditioning program, Full activity in gym

Treatment plan:

- 1) Progress strengthening – lunges/ reverse lunges/ single leg squats
- 2) Full knee range of motion
- 3) Sports specific strengthening and conditioning