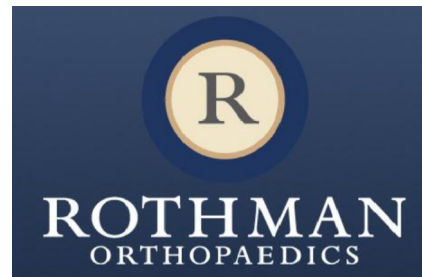


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**Partial Medial/Lateral Meniscectomy Physical Therapy Protocol**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Surgery: Right/Left Partial Medial/Lateral Meniscectomy

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

❖ **Weeks 0-2** \_\_\_\_\_ Weight bearing as tolerated without assist by 48 hours post-op

- \_\_\_\_\_ ROM – progress through passive, active and resisted ROM as tolerated  
 Goal – Full extension by 1 week, 130 degrees of flexion by 3 weeks
- \_\_\_\_\_ Daily Patellar Mobilization
- \_\_\_\_\_ Strengthening – quad sets, SLRs, heel slides, etc.  
 No restrictions to ankle/hip strengthening
- \_\_\_\_\_ Ice Massage / Anti-Inflammatory Modalities
- \_\_\_\_\_ Quadriceps and Hamstring stretching
- \_\_\_\_\_ Iliotibial Band Stretching / Strengthening
- \_\_\_\_\_ Adductor/Abductor Stretching / Strengthening
- \_\_\_\_\_ Achilles Tendon Stretching
- \_\_\_\_\_ Electrical Stimulation for Quadriceps

**Weeks 2-6**

- \_\_\_\_\_ ROM – Continue with daily ROM exercises
- \_\_\_\_\_ Restore normal gait, discontinue crutches when gait is not antalgic
- \_\_\_\_\_ Strengthening – Increase closed chain activities to full motion arc. Add pulley weights, theraband, etc. Monitor for anterior knee pain
- \_\_\_\_\_ Active ROM as tolerated
- \_\_\_\_\_ Progress strengthening activities – wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening
- \_\_\_\_\_ Continue stationary bike/biking outdoors for ROM, strengthening, cardio
- \_\_\_\_\_ Modalities prn
- \_\_\_\_\_ Continue objectives from weeks 0-2 as well

\_\_\_\_\_ Functional Capacity Evaluation \_\_\_\_\_ Work Hardening/Work Conditioning \_\_\_\_\_ Teach HEP

Modalities

\_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Iontophoresis \_\_\_\_\_ Phonophoresis \_\_\_\_\_ TENS \_\_\_\_\_ Heat before  
 \_\_\_\_\_ Ice after \_\_\_\_\_ Trigger points massage \_\_\_\_\_ Therapist’s discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_