



Dr. Hagan Medial and/or Lateral Menisectomy Rehabilitation Protocol

Overview

2 Days Post-op

- Do *not* remove surgical dressings
- Range of motion (ROM) exercises
- Hip isotonic
- Quad sets
- Ham sets
- Straight leg raise
- Crutch training
- Modalities for swelling and pain

2 Days -1 Week

- Continue modalities for swelling and pain
- Stationary bike
- Progress to full weight bearing, start with one crutch
- ROM 0-120°
- Continue strengthening exercises

Weeks 1-3

- 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, no swelling