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Postoperative Rehabilitation Guidelines Following Partial Meniscectomy

DISCLAIMER: The intent of this protocol is to provide therapists with guidelines for rehabilitation based on a review of the best available scientific literature for this type of surgical procedure performed by Dr. Avallone using his operative technique. It is not intended to serve as a substitute for sound clinical decision making. Therapists should consult with Dr. Avallone if they require assistance in the progression of post-operative patients.

Week 1: (motions kept within pain tolerance)

- WBAT with crutches
- Compressive bandage, ice
- Bicycle ergometer
- Isometric quadriceps strengthening
- LE stretching
- Patellar mobilization
- Electric stimulation, US prn for pain

By Week 3:

- Normal gait without assistive device (include pace)
- Progressively increasing ROM
- Muscle strengthening (hip, knee, ankle)
- Proprioception/Balance exercises

Weeks 3-6:

- Begin sporting activities

Weeks 5-8:

- Return to sport competitions