



NICK AVALLONE, M.D.

www.dravallone.com

755 Memorial Pkwy
Suite 201
Phillipsburg, NJ 08865

22 Walmart Plaza
2nd Level
Clinton, NJ 08809

908-847-8884

Rehabilitation after Partial Meniscectomy

DISCLAIMER: The following Physical Therapy protocol is intended to be utilized by the clinician as a guideline in the treatment of this disorder. It is based on current research and has been formulated as a collaborative effort between Physicians and Physical Therapists. It is not intended to serve as a substitute for sound clinical decision making. Every patient is a unique case, and it should be anticipated that not all patients will fit into the timelines set forth in this protocol. If the Physical Therapist has any questions regarding the course of treatment, the referring physician should be contacted for further guidance.

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