
Partial Meniscectomy Protocol

General	May progress range of motion (ROM) as quickly as tolerated Initial emphasis on full extension Weight bearing status: May be weight bearing as tolerated (WBAT) as soon as possible May use crutches for assistance initially, but wean as tolerated
Week 1	Wall slides/heel slides: No limit on ROM Prone hangs Patellar mobilizations Ankle pumps and gastroc/soleus stretching Quad sets with straight leg raises in all planes Hamstring sets
Week 2 Toe raises/heel raises	Same as week one Biking with both legs with light resistance
Week 3	Same as week two May progress resistance on bike
Week 4	Treadmill seven percent walk Terminal 1/3 knee bends Progress quad strengthening with emphasis on VMO
Week 6	Forward and backward jogging Outdoor biking Agility exercises Stairmaster Leg curls with no hyperextension
2 to 3 Months	Return to sports or regular activity after release from physician