



# TEXAS SPORTS & JOINT CLINIC

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## **Post-operative Meniscectomy or debridement Protocol**

### First 7-10 days

- 1) May bear full weight as tolerated unless you are instructed otherwise.
- 2) Change dressing on second day after surgery and replace with dry dressing. If you have tape/steri-strips on your skin, do not remove unless they fall off on their own.
- 3) Perform calf pumps, straight leg raises, heel slides, and quadriceps sets three times each day (10-20 repetitions each time).
- 4) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain
- 5) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks
- 6) Pain medication and anti-inflammatory will be prescribed. Use the pain medication as needed and the anti-inflammatory until the pills are finished.

### 1-6 weeks

- 1) Achieve full extension by 1-2 weeks
- 2) Active and passive range of motion to full flexion by 4-6 weeks
- 3) No squatting
- 4) Mini-squats (short arc quads)
- 5) Open chain hamstring exercises
- 6) Stationary bike as tolerated. May progress to elliptical trainer as tolerated. Do not stand or walk long distances for the first 6 weeks as this will cause knee swelling and worsening pain.

### Other instructions:

- 1) Return to work as tolerated depending on your occupation
- 2) Return to full activity after 6 weeks and when strength and range of motion are normal, swelling has resolved, and pain is tolerable.

### Physical therapy frequency:

Twice a week for two weeks after clinic visit

Once a week for subsequent two weeks