

**S/P ARTHROSCOPIC PARTIAL MENISECTOMY
JOSEPH R. MISSON, MD**

PATIENT _____

DATE OF SURGERY _____

POST-OP DAY 2 - DAY 14

INITIATE OUTPATIENT PHYSICAL THERAPY ON 2nd POST-OP DAY

Frequency/Duration of treatment to be determined by therapist

Instruct in aggressive HEP

DRESSING CHANGE

Remove surgical dressing

Clean incision sites with alcohol

Apply steril guaze pad and hold in place with TED hose (do not use tape directly on the skin)

Instruct patient in home dressing change (to be completed daily until no drainage)

Steri strips to remain in place until they fall off. Steri strips may be trimmed as they peel off.

Patient may shower after 3 days. Patient is not allowed to take a bath

ASSISTIVE DEVICE

D/C assistive device when patient able to ambulate with normal gait and no pain

TED HOSE

Operative leg 4 weeks / non-operative leg 2 weeks

THER-EX

Stationary Bike

Treadmill - begin single leg and progress to double leg within the first week

Heel slides

Quad sets

Straight leg raise

Patellar Mobilization

4-way T-band for hip

Wall sits

Calf raises

Leg press

Leg curl

Proprioceptive training

MODALITIES

Cryotherapy

E-stim (PRN)

Biofeedback (PRN)

DAY 15 - 4-6 weeks

THER-EX

Continue above exercises with progression based on pain and swelling

Initiate functional drills

Initiate treadmill jogging when pain and swelling have subsided

Pool therapy may be initiated after 4 weeks

MODALITIES

Continue cryotherapy as needed

Physician Signature

Physician Signature