

Dr McDonald

## S/P ARTHROSCOPIC PARTIAL MENISECTOMY

### POST-OP DAY 2 - DAY 14

INITIATE OUTPATIENT PHYSICAL THERAPY ON 2nd POST-OP DAY

#### 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)
- Steri strips to remain in place until they fall off. Steri strips may be trimmed as they peel off.
- Patient may shower after 5 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
  
- 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

(Follow up with Dr. McDonald during third post-op week)

#### 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

---

Physician Signature

---

Physician Signature