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 sterile gauze 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