

Official Health Care Partner



**UAB MEDICINE**

ORTHOPAEDIC SURGERY

**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – Knee Meniscectomy / Debridement / Subchondroplasty**

Weeks 0-2

Partial WB  
Pain management  
Control of effusion / edema  
Quadriceps recruitment  
ROM exercises with no restrictions  
Flexibility exercises  
Should achieve full extension and ability to SLR with no extensor lag

Weeks 2-6

Weight bear as tolerated  
Can get in a pool at 4 weeks  
Work on strengthening and proprioception  
Use modalities as needed