

Official Health Care Partner



**UAB MEDICINE**

ORTHOPAEDIC SURGERY

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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

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

Week 0-2

Weight bearing as tolerated (crutches for a few days until patient can safely ambulate)  
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

Week 2-3:

Initiate strengthening exercises  
Incorporate endurance, proprioception, and flexibility exercises  
Try to achieve full range of motion

Week 4-8:

Can get in a pool at 4 weeks  
Sport / activity specific exercises  
Initiate jogging by 4 weeks but back to sport between 6-8 weeks