

Knee Arthroscopy Meniscectomy

Physical Therapy Protocol

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 **Practicing Locations**

8324 Oswego Road suite B Liverpool NY 13090

5801 East Taft Road North Syracuse NY 13212

5719 Widewaters Parkway Syracuse NY 13214

STAGE 1

1-3 Weeks Post-Operative

- Do not start physical therapy until instructed to.
- Weight bear as tolerated.
- Perform ankle pumps with range of motion - two reps of ten every hour your awake, promotes blood circulation, helps prevent blood pooling which can lead to clots.
- Begin active and passive range of motion as tolerated.
- No jogging and high impact activity.

STAGE 2

3-4 Weeks Post-Operative

- Start lower extremity stretching.
- Continue to avoid jogging and high impact activity.
- May start strengthening program - knee extensions, abduction, adduction exercises, hamstring curls and calf raises.

STAGE 3

4-8 Weeks Post-Operative

- Advance strengthening and stretching.
- May begin jogging.
- Can use stationary bike, treadmill or elliptical.
- Follow-up for release to full activity.