

Postoperative Protocol for Meniscectomy or Debridement

0-14 days

Change dressing two days after surgery.

Use ice on knee three times each day for 15 minutes each time.

Use compressive wrap and oral NSAIDs for swelling control.

No showers for seven days and no baths for 3 weeks or until wounds are healed fully.

You may use saran wrap or other plastic bag (garbage bag) to keep wound dry if you want to shower sooner.

Use pain medication as needed.

Weightbearing varies from full weightbearing to partial weightbearing over the first two weeks. You will be given specific instructions.

No brace.

Exercises: Straight leg raises, quadriceps sets, calf pumps, heel slides 10 repetitions 3 times/day. Heel slides may start immediately or after one week. You will be given specific instructions.

2-6 weeks

Achieve full extension by 2 weeks.

Active and passive range of motion to full flexion by 4-6 weeks

No squatting

Mini-squats (short arc quads)

Open chain hamstring exercises

Stationary bike with transition to elliptical trainer as pain allows.

Return to work as tolerated depending on job demands.

Return to sport when strength and range of motion are normal, swelling has resolved, and pain is tolerable. This may be 6-12 weeks.

Physical therapy frequency:

Twice a week for two weeks after clinic visit

Once a week for subsequent two weeks