

Christopher M. Brusalis, MD
Phone: (516)-743-3036
Fax: (516)-743-3576
Email: DrBrusalisOffice@hss.edu
Website: www.BrusalisMD.com



Physical Therapy following Knee Partial Meniscectomy/Debridement

The following is a basic framework from which to work during rehabilitation following Arthroscopic Partial Meniscectomy/Debridement of the knee. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Post-op - 2 wks:

- Full WBAT immediately
- Crutches for 24 – 48 hrs
- D/C when gait normalizes
- Full Active/Passive ROM
- SLR, Heel Slides, Quad Sets, Calf Pumps
- Patellar Mobilization

2 - 6 weeks:

- Full Weight Bearing Progress with ROM until full
- Wall sits
- Lunges, Balance Exercises
- Closed Chain Quad Strengthening
- Strength training as tolerated
- Advance cycling, elliptical, running as tolerated after 3 weeks
- **Avoid water/swimming until 4 weeks when incisions have healed**
- Maintenance core, glutes, hip program
- Modalities PRN