



# Paul Phillips IV, MD

Orthopedic Sports Medicine Surgeon

Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

■ www.paulphillipsmd.com ■

## Physical Therapy Protocol – Arthroscopic Meniscectomy

	<b>Weight Bearing and ROM</b>	<b>Brace Use</b>	<b>Therapy*</b>
<b>Phase I</b> 0-2 weeks	Weight bearing as tolerated (WBAT)  ROM: as tolerated	None	<ul style="list-style-type: none"><li>• Heel slides, quad and hamstring sets, patella mobilizations.</li><li>• Prone hangs.</li><li>• Stationary bike as tolerated</li><li>• Step ups</li></ul>
<b>Phase II</b> 2-4 weeks	WBAT  ROM: Full	None	<ul style="list-style-type: none"><li>• Increase Phase I exercises</li><li>• Add sports specific exercises as tolerated</li><li>• Cycling, elliptical as tolerated</li><li>• Begin jogging, low intensity</li></ul>
<b>Phase III</b> 4-12 weeks	WBAT  ROM: Full	None	<ul style="list-style-type: none"><li>• Increase sports specific exercises as tolerated</li><li>• Begin running</li><li>• Maintain core, glut, hip strengthening program</li></ul>

\*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).