

## Partial Meniscectomy

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### General

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Full passive range of motion

Weight-bearing as tolerated

Stitches assessed and removed in clinic within 7-14 days

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### Weeks 0-1

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Wall slides

Prone hangs

Patellar mobilization

Ankle pumps

Quad sets with straight leg raises

Hamstring sets

Achilles and calf stretching

Modalities as necessary to decrease swelling

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### Weeks 1-6

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Continue previous exercises

Toe raises/heel raises

Stationary bike with gradual increase in resistance

VMO-specific strengthening exercises

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### Weeks 6-10

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Treadmill 7% walk

Terminal 1/3 knee bends

Double knee bends

Swimming with fins

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### Weeks 10-12

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Single knee bends

Rowing/erg machine

Outdoor biking

Return to run program = elliptical → treadmill →  
outdoor running

Leg curls with no hyperextension

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### Week 12

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Sport-specific training with gradual return to  
agility exercises

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