



Foot & Ankle Center  
Sports Medicine Center

**David M. Epstein, MD**  
Tri-County Orthopedic & Sports Medicine

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**PHYSICAL THERAPY PROTOCOL: ARTHROSCOPIC PARTIAL MENISECTOMY/REPAIR**

Patient Name: Mercado-Dorner, Marking Date: 5/15/13 DOSx: \_\_\_\_\_  
Treatment Frequency: 2-3 times per week Duration of Therapy Prescription: 6 weeks

**PHASE 1: WEEKS 1 - 3**

- Anti-inflammatory modalities as needed: Ice, massage, elevation
- WBAT, crutch or cane assist for first week PRN
- ROM: Active, active/assist, passive – progress to full as tolerated
- Stationary bicycle (when ROM adequate; raise seat height)
- Quad activation/isometrics, SLR, patella mobilization
- Hamstring stretching/strengthening
- Iliotibial band and adductor/abductor stretching and strengthening
- Avoid: Squatting, pivoting, twisting, deep knee bends until full ROM without pain
- Special: - No knee flexion > 90° x 4 wks from surgery  
- Gradual lock in flex extension to 120° x 4 wks from surgery

**PHASE 2: WEEKS 4 - 6**

- Continue anti-inflammatory modalities
- Advance knee motion and gait mechanics
- Stairclimber endurance training
- Core strengthening (closed kinetic chain)
- Advance Quad/HS exercises
- Proprioceptive training/exercises
- Home program, Return to Sport/Play
- Special: \_\_\_\_\_

Please send progress notes.

Physician's Signature: \_\_\_\_\_  
(I have medically prescribed the above treatments)

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Sports Medicine & Orthopedic Surgery, Foot & Ankle Surgery

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