



Michael Knesek MD

Phone: 219-795-3360 Fax: 219-756-6500

9001 Broadway, Merrillville IN, 46410  
801 Macarthur BLVD, STE 302, Munster IN, 46321  
3800 St. Mary Drive, STE 101, Valparaiso IN, 46383

## **Meniscectomy**

### **GENERAL**

Full passive ROM

### **WEEK 1**

Wall slides  
Prone hangs  
*Patellar Mobilizations*  
Ankle pumps  
Quad Sets with straight leg raises  
Hamstring Sets

### **WEEK 2**

Same as week 1  
Toe raises/heel raises  
Biking with both legs with no resistance

### **WEEK 3**

Same as week 2  
Achilles and calf stretch

### **WEEK 7**

Treadmill 7% walk  
Terminal 1/3 knee bends  
Swimming with fins  
Add light resistance on bike  
Begin VMO strengthening

### **WEEK 10**

Rowing  
Forward and backward jogging  
Outdoor biking  
Agility Exercises  
Stairmaster  
Leg curls with no hyperextension

### **3 MONTHS**

Return to Sports