



**Travis G. Maak, M.D.**  
 590 Wakara Way  
 Salt Lake City, UT 84108  
 Tel: (801) 587-7109  
 Fax: (801)587-7112  
 Lic. # 8234797-1205

## Physical Therapy Prescription Arthroscopic Partial Meniscectomy

**Patient Name:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

**Dx:** s/p ( LEFT / RIGHT ) Partial meniscectomy

MODALITIES			
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	EXERCISES
<b>0-2 weeks</b>	As tolerated. Crutches first few days as needed.	Full ROM should be obtained quickly	Heel slides, quds sets, straight leg raises, SAQ. Patellar mobilization. Gait training. Stationary bike
<b>2-4 weeks</b>	Full weight bearing	Full ROM	LE Push and Hip Hinge exercises CKC, balance exercises, Jogging okay once eccentric step down is symmetric
<b>4-6 weeks</b>	Full weight bearing	Full ROM	LE Push and hip hinge exercises, CKC, Agility drills, sprinting, cutting

Physical therapy to evaluate and treat for post-op partial meniscectomy

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**