



Meniscectomy Protocol
Andrea Saterbak, MD

- **0-2 weeks post-op:**
 - Weight bear as tolerated
 - Re-apply ace wrap and dressings at 2 days for compression
 - Swelling reduction
 - Gait training
 - Heel slides

- **2 weeks+:**
 - 2 week p/o visit with PA
 - MD/PA will decide if physical therapy is needed