



Ryan S. Charette MD
 Adam Q. Ferguson DO
 Jon Dale PA-C
 Christa Beyer PA-C

Aaron S. Covey MD MBA
 Rania R. Rifaey MD
 Edward S. Gensicki DPM
 Megan R. Wolf MD

Jon C. Driscoll MD
 Hudson H. Seidel MD
 Robert C. Stockton DO



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

COMPREHENSIVE PHYSICAL THERAPY		
Melinda Amato OTR/L CHT	Raymond Ryan PT/Director	Peter Ives PTA
Brandon Heyda OTR/CHT	Valerie Peckingham PT	Kirsten Perillo PTA
	Isabella Mesturini PT,DPT	

Megan R. Wolf, MD

Sports Medicine/Foot & Ankle

Meniscectomy, Debridement, Lysis of Adhesions (LOA) With Degenerative Joint Disease (DJD) Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 2):

- Use crutches weight 50% bearing x 1-2 weeks

Goals

- Reduce inflammation
- Normalize patella mobility with manual mobilizations
- Full ROM progressing as tolerated

Exercise progression

- Quadriceps setting using NMES as needed
- Multi-plane straight leg raising
- Gait training

Phase II – Progressive Stretching and Early Strengthening (Weeks 2 to 6):

Weeks 2 to 4 weeks:

Goals

- Progress off crutches
- Full knee ROM
- Normalize gait mechanics

Exercise progression

- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Stationary biking and treadmill/outdoor walking
- Proprioception drills

Weeks 4 to 6 weeks:

Goals

- Control inflammation
- Full knee ROM
- Increase strength and muscular endurance

Exercise progression

- Leg press, mini squats (as/if tolerated), hamstrings curls
- Increase intensity of stationary bike program, may add elevation to treadmill walking and elliptical
- Deep water pool program when incisions are completely healed



Ryan S. Charette MD	Aaron S. Covey MD MBA	Jon C. Driscoll MD
Adam Q. Ferguson DO	Rania R. Rifaey MD	Hudson H. Seidel MD
Jon Dale PA-C	Edward S. Gensicki DPM	Robert C. Stockton DO
Christa Beyer PA-C	Megan R. Wolf MD	



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

COMPREHENSIVE PHYSICAL THERAPY		
Melinda Amato OTR/L CHT	Raymond Ryan PT/Director	Peter Ives PTA
Brandon Heyda OTR/CHT	Valerie Peckingham PT	Kirsten Perillo PTA
	Isabella Mesturini PT,DPT	

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Meniscectomy, Debridement, Lysis of Adhesions (LOA)
With Degenerative Joint Disease (DJD)
 Post-Operative Protocol

Phase III/IV – Advanced Strengthening and Endurance Training (Weeks 6 to 12):

Weeks 6 to 12:

Goals

- Full knee flexion and extension with terminal stretch
- Progressive strengthening
- Increase muscular endurance

Exercise progression

- Outdoor biking
- Swimming
- Elliptical
- Interval golf program

Revised ***