

Dr. Pathik Shah

Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon

DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS

AOSSM Sports Surgery Fellowship (California, USA),

Fellowship in Joint and Trauma (Mumbai)

Diploma in Football medicine (FIFA)

PHYSICAL THERAPY PRESCRIPTION

PROCEDURE: MENISCUS DEBRIDEMENT

PHASE I (0-2 WEEKS)

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Weight bearing as tolerated

Heel slides

Quad/hamstring sets

Straight leg raise

Core- Planks, abs

Bridges

Step-ups and stationary bike as tolerated

PHASE II (2-6 WEEKS)

GOALS:

Weight bearing as tolerated

Good patellar mobility

Pain and swelling control

Quadriceps control

Good patella mobility

EXERCISES/RESTRICTIONS:

Weight bearing as tolerated

Progress phase I exercises

Add sport specific exercises as tolerated

Cycling, elliptical, running as tolerated

Home exercise program

PHASE III (6-12 WEEKS)

GOALS:

Weight bearing as tolerated

Good patellar mobility

Return to normal activity

EXERCISES/RESTRICTIONS:

Advance sport-specific exercises as tolerated

Maintenance core, glutes, hip and balance program