



Bay Area Orthopedic Surgery and Sports Medicine

100 Hospital Drive
Suite 303
Vallejo, CA 94589
Ph: 707-645-7210 Fax: 707-645-7249
www.baosurgery.com

Teodoro P. Nissen, MD

*Fellowship Trained
Sports Medicine and Sports Trauma
Reconstructive Joint Surgery*

Elizabeth J. Milne, MHS, PA-C

*Physician Assistant – Certified
Orthopedics and Pain Management*

Associate Physicians:

Alicia Knee D.P.M.

*Board Certified Podiatrist
Foot and Ankle Reconstruction*

Post-op Physical Therapy Protocol for Arthroscopic Partial Menisectomy

- Post-op day 1 patient can progress partial weight bearing to full weight bearing as tolerated.
- Goals are for pain and edema control.
- Can progress with ROM as tolerated.
- Strengthening once ROM is restored and edema and pain under control.
- Emphasis is on instruction in Home Exercise Program.
- Return to sports once strength and coordination are adequate.