

REHABILITATION PROTOCOL: ARTHROSCOPIC KNEE MENISECTOMY / CHONDRAL DEBRIDEMENT

□ Phase 1 (Weeks 0-2)

- Weight bearing: As tolerated with crutches for balance 1-2 days
- Range of motion
 - Active assisted to active ROM as tolerated
 - Goals: Immediate full range of motion
- Therapeutic exercises
 - Quad and hamstring set
 - Heel slides
 - Co-contractions
 - Isometric adduction and abduction exercises
 - Straight leg raises
 - Patellar mobilization

□ Phase 2 (Weeks 2-4)

- Weight bearing: As tolerated
- Range of motion
 - Maintain full ROM, gentle passive stretching at end ranges
- Therapeutic exercises
 - Quad and hamstring strengthening
 - Lunges
 - Wall-sits
 - Balance exercises- core work

□ Phase 3 (Weeks 4-6)

- Weight bearing: Full
- Range of motion: Full
- Therapeutic exercises
 - Leg press
 - Hamstring curls
 - Squats
 - Plyometric exercises
 - Endurance work
 - Return to athletic activity as tolerated
- Modalities per PT discretion