

Arthroscopic Meniscectomy/Chondral Debridement Rehabilitation Protocol

	<u>WEIGHT BEARING</u>	<u>RANGE OF MOTION</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-2 WEEKS)	Crutches used for 2-3 days if needed. Advance to full weight bearing as tolerated.	Immediate full range of motion should be attained.	Heel slides, quad sets SLR, co-contractions isometric ad/abduction ex., patellar mobilization.
PHASE II (2-4 WEEKS)	Full weight bearing	Full range of motion	Wall sits, lunges, balance exercises.
PHASE III (4-6 WEEKS)	Full weight bearing	Full range of motion	Leg press, leg curls, squats, plyometric exercises.