



**REHABILITATION PROTOCOL: ARTHROSCOPIC MENISCECTOMY/
 CHONDRAL DEBRIDEMENT**

Phase I (Weeks 0-2)

- **Weightbearing:** As tolerated with crutches (for balance) x 24-48 hours – progress to WBAT
- **Range of Motion** – AAROM -> AROM as tolerated
 - o Goal: Immediate full range of motion
- **Therapeutic Exercises**
 - o Quad and Hamstring sets
 - o Heel slides
 - o Co-contractions
 - o Isometric adduction and abduction exercises
 - o Straight-leg raises
 - o Patellar mobilization

 Name

 Date

 Diagnosis

Phase II (Weeks 2-4)

- **Weightbearing:** As tolerated
- **Range of Motion** – maintain full ROM – gentle passive stretching at end ranges
- **Therapeutic Exercises**
 - o Quadriceps and Hamstring strengthening
 - o Lunges
 - o Wall-sits
 - o Balance exercises – Core work

 Date of Surgery

Phase III (Weeks 4-6)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - o Leg press
 - o Hamstring curls
 - o Squats
 - o Plyometric exercises
 - o Endurance work
 - o Return to athletic activity as tolerated

Comments:

Frequency: _____ times per week **Duration:** _____ weeks

Signature: _____ **Date:** _____