

Rehabilitation Protocol: Arthroscopic Meniscectomy/Chondral Debridement Dr Shane Hanzlik

Phase I (Weeks 0-2)

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

Phase II (Weeks 2-4)

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

Phase III (Weeks 4-6)

- **Weight bearing:** Full weight bearing
- **Range of Motion** - Full/Painless ROM
- **Therapeutic Exercises**
 - Leg press
 - Hamstring curls
 - Squats
 - Plyometric exercises
 - Endurance work

Return to athletic activity as tolerated