

ARTHROSCOPIC MENISECTOMY/CHONDRAL DEBRIDEMENT REHABILITATION PROTOCOL

PHASE I (0 – 2 weeks)

Advance to WBAT with crutches to WBAT without crutches over 2 days. Immediate ROM. Heel slides, ankle pumps, Quadriceps sets, SLR, co-contractions isometrics AD/ABD exercises, patellar mobilizations, ankle strength.

PHASE II (2 – 4 weeks)

WBAT and progress to full ROM. Wall sits, lunges and balance exercises.

PHASE III (4 – 6 weeks)

Leg press, leg curls, squats and plyometric exercises.

This is a general rehabilitation protocol. It may be modified and individualized when appropriate.