

**ARTHROSCOPIC MENISECTOMY/ CHONDRAL DEBRIDEMENT
REHABILITATION PROTOCOL**

	WEIGHT BEARING	ROM	THERAPEUTIC EXERCISE
Phase 1 0-2 weeks	0-2 wks: crutches used for 24-48 hours, advance to full weight bearing as tolerated	0-2 wks: Immediate full ROM should be attained	0-2 wks: heel slides, quad sets SLR, co-contractions isometric ad/abduction ex., patellar mobilization, ankle strength
Phase 2 2-4 weeks	2-4 wks: full weight bearing	2-4 wks: progress to full ROM	2-4 wks: wall sits, lunges, balance exercises
Phase 3 4-6 weeks	4-6 wks: FWB	4-6 wks: Full ROM	4-6 wks: leg press, leg curls, squats, plyometric exercises

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