

Knee Arthroscopic Meniscectomy & Debridement Rehab Protocol

Patient Name:	atient Name:												Date:			
Diagnosis:														DO	S:	-
Frequency:	1	2	3	4	times/week		Duration:		1	2	3	4	5	6	weeks	

Phase 1 (0-2 weeks)

• Weightbearing: As tolerated using crutches for support.

• Educate patient to recognize maladaptive limp and use assistive devices until gait is normalized.

- Brace: None
- ROM: As tolerated
- Exercises: Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, gluteal strengthening, step-ups and stationary bike as tolerated.

Phase 2 (2-4 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Progress Phase 1 exercises. Add sport-specific exercises as tolerated. Cycling, elliptical, jogging; then progressing to running as tolerated.

Phase 3 (4-12 weeks)

- Weightbearing: Full
- Brace: None
- ROM: Full
- Exercises: Advance sport-specific exercises as tolerated. Maintenance core, gluteal, hip and balance program.

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