

Knee Arthroscopic Meniscectomy & Debridement Rehab Protocol

Patient Name: _____

Date: _____

Diagnosis: _____

DOS: _____

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.