



Arthritis & Orthopedic
Medical Clinic

Rehabilitation Protocol: Meniscectomy/Cartilage Debridement

• Phase I (Weeks 0-2)

- **Weightbearing:** As tolerated with crutches - progress to full weight bearing without crutches as soon as comfortable (typically within 2 to 3 days)
- **Range of Motion:** 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)

- **Weightbearing:** As tolerated
- **Range of Motion:** continue to increase AROM
- **Therapeutic Exercises**
 - Quadriceps and hamstring strengthening
 - Lunges
 - Wall-sits
 - Core muscle exercises (planks, side planks, bridges, etc)

• Phase III (Weeks 4 - 6)

- **Weightbearing:** Full weightbearing
- **Range of motion:** Full/Painless motion
- **Therapeutic Exercises:**
 - Leg press
 - Hamstring curls
 - Squats
 - Plyometric exercises
 - Cardiovascular exercises
 - Return to athletic activity as tolerated