

Rehabilitation Protocol: Arthroscopic Meniscectomy/ Chondral Debridement

Phase I (Weeks 0-2)

- **Weightbearing:** As tolerated with crutches (for balance) x 24-48 hours – progress to WBAT
- **Range of Motion** – AAROM → 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** – maintain full ROM – gentle passive stretching at end ranges
- **Therapeutic Exercises** ○ Quadriceps and Hamstring strengthening ○ Lunges ○ Wall-sits
 - Balance exercises – Core work

Phase III (Weeks 4-6)

- **Weightbearing:** Full weightbearing
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises** ○ Leg press ○ Hamstring curls ○ Squats
 - Plyometric exercises ○ Endurance work
 - Return to athletic activity as tolerated