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REHAB PROTOCOL: Arthroscopic Meniscectomy/Chondral Debridement

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

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)

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North Bergen, NJ 07047
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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

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____