

Rehabilitation Protocol: Arthroscopic Meniscectomy / Chondral Debridement

Date of Surgery: _____

Procedure: ☐ Partial Meniscectomy ☐ Chondral Debridement ☐ Loose Body Removal

Goal is immediate full ROM and early return to function. Avoid forceful PROM. Please contact our office with any questions or concerns.

☐ **Phase I (Weeks 0–2)**

- **Weightbearing:** As tolerated with crutches for balance for 24–48 hours, then WBAT
- **Range of Motion** – AAROM to AROM as tolerated – **goal immediate full ROM**; emphasize extension
- **Therapeutic Exercises**
 - Quad sets with NMES as needed; hamstring sets; heel slides; co-contractions
 - Isometric hip adduction/abduction; multi-plane SLR
 - Patellar mobilization; calf and hamstring stretching; stationary bike for ROM
- **Criteria to Progress:** Passive flexion $\geq 120^\circ$; full extension; pain-free single-leg weightbearing

☐ **Phase II (Weeks 2–4)**

- **Range of Motion** – Maintain full ROM – gentle passive stretching at end range
- **Therapeutic Exercises**
 - Quad and hamstring strengthening; leg press, squat, and step-up progressions
 - Lunges; wall sits
 - Balance and core

☐ **Phase III (Weeks 4–6)**

- **Therapeutic Exercises**
 - Leg press, hamstring curls, squats (double to single leg)
 - Plyometrics; endurance work; running when impact tolerated without pain or effusion
- **Return to Activity:** Return to athletic activity as tolerated – no pain, effusion, or apprehension with sport movements; strength and functional testing $\geq 90\%$ of contralateral limb