

Arthroscopic Meniscectomy / Chondral Debridement Protocol

	Weight Bearing	Range of Motion	Therapeutic Exercise
Phase 1 0-2 weeks	Use crutches for 24-48 hours. Advance to full weight bearing as tolerated, discontinue crutches when able	Immediate Full ROM Focus on keeping full extension	Heel slides, quad sets, straight leg raises, calf pumps, hamstring stretch, terminal leg extensions and short arc leg extensions.
Phase 2 2-4 weeks	Full	Continue to progress with ROM to full	When able to do 25 each twice a day of Phase 1, progress to wall sits, lunges, and balance exercises.
Phase 3 4-8 weeks	Full	Full ROM	Leg press, leg curls, squats, plyometric exercises