

PT PROTOCOL

Meniscectomy / Chondral Debridement

Rehabilitation Protocol

Weight-Bearing Status

Weight-bearing as tolerated from the time of surgery.

Brace / precautions: _____

1

Weeks 0-2

Immediate full ROM goal; WB as tolerated

2

Weeks 2-4

Progressive strengthening & balance work

3

Weeks 4-6

Full WB & ROM; return to athletic activity

Milestones above are goals, not guarantees; progression is criterion-based and depends on the structures addressed.

Phase 1 Weeks 0-2

Weight-Bearing: As tolerated; crutches for balance only, 1-2 days.

Range of Motion: Active-assisted to active ROM 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 2 Weeks 2-4

Weight-Bearing: As tolerated.

Range of Motion: Maintain full ROM; gentle passive stretching at end ranges.

Therapeutic Exercises

- Quad and hamstring strengthening.
- Lunges.
- Wall-sits.
- Balance exercises, core work.

Weight-Bearing: Full.**Range of Motion:** Full.

Therapeutic Exercises

- Leg press.
- Hamstring curls.
- Squats.
- Plyometric exercises.
- Endurance work.
- Return to athletic activity as tolerated.
- Modalities per PT discretion.