



Arthroscopic Menisectomy / Chondral debridement Rehabilitation Protocol

progression to the next phase should only be completed once patients have passed the goals of their current phase

	Brace	Weight Bearing	ROM	Exercises
0-2 weeks*	N/A	Crutches x 24-48 hrs, then wean Advance to full weight bearing as tolerated	As tolerated, work to regain full ROM	Ankle pumps, quad sets (isometrics), SLR, patellar mobilizations, heel slides, hamstring isometrics
2-4 weeks	N/A	Full WB	Full ROM	As above, plus wall sits, lunges, balance exercises
4-6 weeks	N/A	Full WB	Full ROM	Leg press, curls, squats, plyometrics