



GOLDEN STATE ORTHOPEDICS & SPINE

Rehabilitation 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)**

- **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: _____