

Rehabilitation Protocol for Arthroscopic Meniscectomy / Chondral Debridement



Dr. Feinstein

	WEIGHT BEARING	ROM	THERAPEUTIC EXERCISE
PHASE I 0-2 WEEKS	<ul style="list-style-type: none"> • WBAT • Crutches for comfort • Advance to FWB as tolerated 	<ul style="list-style-type: none"> • STRESS EARLY FULL EXTENSION • No restrictions • Advance to full flexion as tolerated 	<ul style="list-style-type: none"> • Heel slides, quad and hamstring sets, SLR, SAQ, patellar mobilization, prone hangs
PHASE II 2-4 WEEKS	FWB	Full ROM	<ul style="list-style-type: none"> • Wall squats, lunges. • Balance exercises, • Stationary bike, elliptical. • Begin closed chain strengthening.
PHASE II 4-6 WEEKS	FWB	Full ROM	<ul style="list-style-type: none"> • Advance closed chain strengthening. • Leg press, squats, leg curls. • Proprioceptive training

- Monitor for pain and swelling. Modify as necessary.
- Encourage home exercises program daily.
- May discharge to home program when appropriate.
- Encourage ice 4x a day for 20 minutes while swelling is present.

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*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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