

## Meniscectomy and Debridement Rehabilitation Protocol

### Weeks 1-2

- Weight bearing as tolerated without assist by 48 hours post-op.
- ROM
  - Progress through passive, active and resisted ROM as tolerated
  - Goal – Full extension by 2 weeks, 130 degrees of flexion by 6 weeks
- Patellar mobilization daily
- Strengthening
  - quad sets, SLRs, heel slides, ect.
  - No restrictions to ankle/hip strengthening.

### Weeks 2-6

- ROM
  - Continue with daily ROM exercises
  - Goal – increase ROM as tolerated
- Strengthening
  - Increase closed chain activities to full motion arc.
  - Add pulley weights, theraband, etc.
  - Monitor for anterior knee pain symptoms.
  - Progress to:
    - Wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening

Continue stationary bike and biking outdoors for ROM, strengthening, and cardio