

NAME: \_\_\_\_\_ DOS: \_\_\_\_\_

FREQUENCY/DURATION: \_\_\_ TIMES PER WEEK FOR \_\_\_ WEEKS

### Arthroscopic Meniscectomy/Chondral Debridement

#### Phase 1 (weeks 0-2)

- Weightbearing**
  - As tolerated
- 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
  - SLR
  - Patellar mobilization

#### Phase 2 (weeks 2-4)

- Weightbearing**
  - 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

#### Phase 3 (Months 4-6)

- Weightbearing**
  - Full weightbearing with normal gait pattern
- Range of Motion**
  - Advance to full/painless ROM
- Therapeutic Exercises**
  - Leg press
  - Hamstring curls
  - Squats
  - Plyometric exercises
  - Endurance work
  - Return to athletic activity as tolerated
- Gradual return to athletic activity as tolerated, maintenance program for strength and endurance**