

Arthroscopic Meniscectomy / Chondral Debridement

	Weight Bearing	ROM	Therapeutic Exercise
Phase I 0-2 Weeks	WBAT Crutches for comfort Advance to FWB as tolerated	STRESS EARLY FULL EXTENSION No restrictions Advance to full flexion as tolerated	Heel slides, quad and hamstring sets, SLR, SAQ, patellar mobilization, prone hangs
Phase II 2-4 weeks	FWB	Full ROM	Wall squats, lunges. Balance exercises, Stationary bike, elliptical. Begin closed chain strengthening.
Phase III 4-6 weeks	FWB	Full ROM	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 if appropriate.**
- **Encourage ice 4x a day for 20 minutes while swelling is present.**