

Arthroscopic Meniscectomy / Chondral Debridement

	Weight Bearing	Brace	ROM	Therapeutic Exercise
Phase I 0-2 Weeks	<ul style="list-style-type: none"> As tolerated Crutches for comfort Advance to FWB as tolerated 	None	<ul style="list-style-type: none"> STRESS EARLY FULL EXTENSION Advance to full flexion as tolerated No restrictions 	<ul style="list-style-type: none"> Heel slides, quad/hamstring sets, SLR, SAQ, patellar mobilization, prone hangs Planks, bridges, abs, step-ups, stationary bike as tolerated
Phase II 2-4 weeks	Full	None	Full ROM	<ul style="list-style-type: none"> Progress Phase I Exercises Wall squats, lunges, balance exercises Begin closed chain strengthening Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
Phase III 4-6 weeks	Full	None	Full ROM	<ul style="list-style-type: none"> Advance sport-specific exercises as tolerated Advance closed chain strengthening Leg press, squats, leg curls Proprioceptive training Maintenance of core, glutes, hip, and balance program

- Each phase is adaptable based on individual patients and special circumstances. Progress through the phases as pain, ROM, swelling, and strength allow
- Monitor for pain and swelling. Modify as necessary.
- Encourage home exercises daily
- May discharge to home program if appropriate.
- Encourage ice 4x a day for 20 minutes while swelling is present.
- For any questions or concerns please contact Dr. Tauberg's office

