

Partial Meniscectomy / Debridement Rehabilitation Protocol

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PT Frequency: 2-4 times per week

ROM Restrictions: No restrictions

Brace: None

Weightbearing: WBAT

Phase I: Weeks 1-2

1. Weight bearing as tolerated without assist by 48 hours post-op
2. **ROM Goals:** progress through passive, active and resisted ROM as tolerated
 - a. **Full** extension by 2 weeks, 130° of flexion by 6 weeks
3. Patellar mobilization daily
4. **Strengthening:** quad sets, SLRs, heel slides, etc.
 - a. No restrictions to ankle/hip strengthening

Phase II: Weeks 2-6

1. **ROM Goals:** continue with daily ROM exercises; increased ROM at tolerated
2. **Strengthening:** increase closed chain activities to full motion arc, add pulley weights/therabands, etc.
 - a. **Progress to:** wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening
 - b. Monitor for anterior knee pain symptoms.
3. Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.