



Shane Nho, MD
Allison Petersen, PA-C
P(312)432-2525
F(708)492-5525

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 strengthening activities – wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening
- Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.