



## **Arthroscopic Meniscectomy/Chondroplasty Protocol**

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### Phase 1 (0-2 weeks)

Crutches used for 2-3 days if needed. Advance to full weight bearing as tolerated.

Immediate full range of motion should be attained.

Heel slides, quad sets, SLR, co-contractions, isometrics, ad/abduction exercises, patellar mobilization.

### Phase 2 (3-4 weeks)

Full weight bearing, full range of motion

Wall sits, lunges, balance exercises

### Phase 3 (5-8 weeks)

Full weight bearing, full range of motion

Leg press, leg curls, squats, plyometric exercises

Return to sports