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Rehabilitation Protocol: Arthroscopic Meniscectomy/ Chondral Debridement

Phase I (Weeks 0-2) • Weightbearing: As tolerated with crutches (for balance) x 24-48 hours – progress to WBA • Range of Motion – AAROM → AROM as tolerated • Goal: Immediate full range of motion • Therapeutic Exercises • Quad and Hamstring sets • Heel slides • Co-contractions • Isometric adduction and abduction exercises • Straight-leg raises • Patellar mobilization Phase II (Weeks 2-4) • Weightbearing: As tolerated • Range of Motion – maintain full ROM – gentle passive stretching at end ranges • Therapeutic Exercises • Quadriceps and Hamstring strengthening • Lunges • Wall-sits
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o Balance exercises – Core work
Phase III (Weeks 4-6)
Weightbearing: Full weightbearing
Range of Motion – Full/Painless ROM
Therapeutic Exercises
o Leg press
 Hamstring curls
o Squats
o Plyometric exercises
o Endurance work
 Return to athletic activity as tolerated
Comments:
dominents.
Frequency: times per week Duration: weeks
Signature: Date: