

Arthroscopic Meniscectomy / Chondral Debridement

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Post op Phase	Weight Bearing	ROM	Therapeutic Exercise
Phase I 0-2 Weeks	WBAT, Crutches for comfort Advance to FWB as tolerated	No restrictions Focus on full extension/hyperextension Advance to full flexion as tolerated	Heel slides, quad and hamstring sets, SLR, SAQ, patellar mobilization, prone hangs
Phase II 2-4 weeks	FWB	Full ROM	Wall squats, lunges. Balance exercises, Stationary bike, elliptical
Phase III 4-6 weeks	FWB	Full ROM	Advance closed chain strengthening. Leg press, squats, leg curls. Plyometric and proprioceptive training

****Patients should ice 4x a day for 20 minutes while swelling is present and immediately after therapy.**