



Post-Operative Rehabilitation for Meniscectomy

Phase I: Weeks 0-2

- Weight bearing as tolerated
- ROM:
 - Goal: Full symmetric extension
 - As tolerated, no restrictions.
- Exercises
 - Heels slides, quad /hamstring sets, SLR, ankle pump, heel props, patellar mobs, step up
 - Core exercise
 - Stationary bike as tolerated.

Phase II: Weeks 2-4

- Full Weight bearing
- Full ROM
- Exercises:
 - Advance Phase I
 - Sport specific exercises as tolerated
 - Bike, Elliptical and running as tolerated

Phase III: Weeks 4-12

- Advance Sport specific exercises as tolerated
- Maintenance of core/glute/hip strength and balance programs