

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Arthroscopic Meniscectomy

Phase I (0-2 weeks)

Weight Bearing: As tolerated.

Range of Motion: Full. Extension stretching.

Brace: None.

Exercises: SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day. Bike. Core.

Phase II (2-4 weeks)

Weight Bearing: Full

Range of Motion: Full. Extension stretching.

Brace: None

Exercises: Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike. Sport-specific exercises. Progress elliptical to running as tolerated.

Phase III (4-12 weeks)

Weight Bearing: Full

Range of Motion: Full

Brace: None

Exercises: Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Return to full activity as tolerated.