

Meniscus Debridement (Partial Meniscectomy)

	Phase I: weeks 0-2	Phase II: 2-4 weeks	Phase III: 4-6 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> May use crutches for 1-2 days for comfort and then slowly progress to weight-bearing as tolerated (WBAT) If intra-operative MCL release: hinged knee brace unlocked from 0-90° during Phase I; hinged knee brace unlocked for full ROM for Phases II and III; may discontinue brace after 6 weeks 		
Aerobic	<ul style="list-style-type: none"> Low-impact (stationary bike, elliptical) as tolerated 	<ul style="list-style-type: none"> Begin walk-jog progression as tolerated 	<ul style="list-style-type: none"> Advance to walk-jog-run progression Begin cutting and pivoting activities as tolerated
Range of Motion (ROM)	<ul style="list-style-type: none"> Immediate and full ROM without restriction Full ROM should be achieved by 2 weeks 		
Strengthening	<ul style="list-style-type: none"> Heel Slides Quad sets Patellar mobilization Straight-leg raises Co-contractions 	<ul style="list-style-type: none"> Wall sits Lunges Proprioception and balance exercise Leg press Leg curls Squats 	<ul style="list-style-type: none"> Plyometric exercises
Other	<ul style="list-style-type: none"> Modalities as needed to reduce swelling Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> Regain normal gait Protection of tissue healing Minimize joint stiffness 	<ul style="list-style-type: none"> Regain quadriceps and VMO strength Improve proprioception and balance 	<ul style="list-style-type: none"> Gradual return to all sports and full activities