

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