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Rehabilitation Protocol: Arthroscopic Meniscectomy Chondral Debridement

Phase I (Weeks 0-2)

- Weightbearing: As tolerated with crutches (for balance) x 24-48 hours –progress to WBAT
- Range of Motion –MROM –AROM as tolerated
 - + Goal: Immediate full range of motion
- Therapeutic Exercises
 - + Quad and Hamstring sets
 - + Heel slides
 - + Co-contractions
 - + Isometric adduction and abduction exercises
 - + Straight-leg raises
 - + Patellar mobilization

Phase II (Weeks 2-4)

- Weightbearing: As tolerated
- Range of Motion –maintain full ROM –gentle passive stretching at end ranges
- Therapeutic Exercises
 - + Quadriceps and Hamstring strengthening
 - + Lunges
 - + Wall-sits
 - + Balance exercises –Core work

Phase III (Weeks 4-6)

- Weightbearing: Full weightbearing
- Range of Motion –Full/Painless ROM
- Therapeutic Exercises
 - + Leg press
 - + Hamstring curls
 - + Squats
 - + Plyometric exercises
- Endurance work
- Return to athletic activity as tolerated