

Rehabilitation Protocol: Meniscectomy

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Phase I (0-2):

- Weight Bearing: As tolerated with crutches if needed
- Bracing: None.
- Range of motion as tolerated.
- Therapeutic Exercises: Heel slides, straight leg raises, planks, bridges, abs, step-ups, stationary bike, Quad/hamstring sets, gastroc/soleus stretch, patellar mobs.

Phase II (2-4):

- Add sport specific exercises.
- Cycling, elliptical, and running as tolerated.

Phase III(4-12):

- Weight Bearing: Full.
- Range of motion: Full and pain free.
- Therapeutic Exercises:
 - Advanced closed chain strengthening.
 - Proprioception activity progression.
 - Continue hamstring work, leg press and lunges.
 - Balance/core/hip/glutes

Comments:

Frequency: ___ Days per week Duration: ___ Weeks