

ARTHROSCOPIC MENISECTOMY/CHONDRAL DEBRIDEMENT REHABILITATION PROTOCOL *

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	EXERCISES
0-2 weeks	As tolerated. Crutches first few days as needed.	Full ROM should be obtained quickly	Heel slides, quad sets, straight leg raises. Patellar mobilization.
2-4 weeks	Full weight bearing	Full ROM	Lunges, balance exercises.
4-6 weeks	Full weight bearing	Full ROM	Closed chain exercises (i.e. leg press, light weight mini-squats)

*** Formal physical therapy only needed if struggling to obtain range of motion or strength on own.**

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 Questions please call: # 801-587-2557
 Fax: 801-587-3990

Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Diagnosis: (circle procedure(s) performed):

Meniscectomy

Chondral Debridement

Physical therapy to evaluate and treat post op.

Notes: _____

MD signature: