

REHABILITATION PROTOCOL

Knee Arthroscopy / Partial Meniscectomy / Loose Body Removal / Debridement

Patient Name: _____ Date of Surgery: _____

Surgery Details: _____



Phase 1 (0-2 weeks)

- **Weight-bearing:** As tolerated with crutches (for balance) x 24-48 hours – progress to WBAT
- **Range of Motion:** AAROM → 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 2 (2-4 weeks)

- **Weight-bearing:** As tolerated.
- **Range of Motion:** Maintain full ROM – gentle passive stretching at end ranges
- **Therapeutic Exercises:** As tolerated.
 - Quadriceps and Hamstring strengthening
 - Lunges
 - Wall-sits
 - Balance exercises – Core work



Phase 3 (4-6 weeks)

- **Weight-bearing:** Full weight-bearing
- **Range of Motion:** Full, painless ROM.
- **Therapeutic Exercises:**
 - Leg press
 - Hamstring curls
 - Squats
 - Plyometric exercises
 - Endurance work
 - Return to athletic activity as tolerated

Physician Comments:

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