

Knee Arthroscopic Partial Meniscectomy Rehabilitation Protocol

| | Weight-bearing | Brace | Range of Motion | Exercises |
|------------------------------|-------------------------------|--------------|------------------------|---|
| Phase 1 0-2 weeks | As tolerated | None | As tolerated | Calf pumps, patellar mobilization, quadriceps tightening sets and SLR, stationary bike as tolerated |
| Phase 2 2-4 weeks | Full with normal gait pattern | None | Full | Progress Phase 1 exercises Cycling and elliptical as tolerated Advance core work with hip, gluteal and core strengthening |
| Phase 3 4-12 weeks | Full | None | Full | Add sport-specific activities Initiate running and advance impact activities as tolerated Maintain core work with hip, gluteal and core strengthening |

SLR – Straight-leg raise;

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