

## MENISCUS DEBRIDEMENT/CHONDROPLASTY PROTOCOL

**Name:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-2:

- Crutch use for first 24-48 hours then slowly progress to WBAT
- Regain normal gait
- Immediate full ROM without restrictions
- Modalities for swelling reduction
- Heel slides, quad sets, patellar mobs, straight leg raises, co-contractions
- Stationary bike, elliptical as tolerated

\_\_\_\_ Weeks 2-4:

- Continue full weight bearing and unrestricted ROM
- Full ROM should be achieved in the 0-2 week timeframe
- Wall sits, lunges, balance/proprioception exercises
- Leg press, leg curls, squats
- Focus on regaining quad/VMO strength
- Impact activity (light jogging) ok per patient tolerance
- Sport-specific drills as tolerated

\_\_\_\_ Weeks 4-6+:

- Plyometrics
- Cutting/pivoting activities
- Return to sport/full activities

Signature \_\_\_\_\_

Date: \_\_\_\_\_