

MENISCUS DEBRIDEMENT/CHONDROPLASTY
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 6 weeks
May adjust frequency based on patient/therapist preference
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • 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 mobilization, straight leg raises, co-contractions, ankle pumps • Stationary bike, elliptical as tolerated
Weeks 2-4	<ul style="list-style-type: none"> • 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 • Sports-specific drills as tolerated
Weeks 4-6+	<ul style="list-style-type: none"> • Plyometrics • Cutting/pivoting activities • Return to sports/full activities