

NewportCare Medical Group

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Sports Medicine

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ARTHROSCOPIC MENISECTOMY REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
PHASE I 0 - 2 weeks	As tolerated with crutches, discontinue crutch use as tolerated	None	As tolerated	Heel slides, quad/hamstring sets, patellar mobilization in all quadrants, prone hangs, gastroc/soleus stretch*, Straight leg raising, edema control
PHASE II 2 - 6 weeks	As tolerated	None	Maintain full extension and progressive flexion	Progress to normal gait pattern, gastroc/soleus stretch, begin toe raises, closed chain extension, balance exercises, hamstring curls, and stationary bike
PHASE III 6 weeks - 3 months	Full, without use of crutches and with a normalized gait pattern	None	Gain full and pain-free	Advance closed chain strengthening, progress proprioception activities, begin running straight ahead Return to sports with participation as tolerated