

<p style="text-align: center;">Meniscectomy / Chondroplasty Post-op Physical Therapy Protocol</p>
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Weeks 0-2 Primary goals: Eliminate swelling; regain ROM; quad recovery

- Weight bearing as tolerated, wean off crutches
- Active and passive knee range of motion
- Effusion control - frequent use of knee sleeve or wrap
- Quadriceps activation
- Hip abductor, gluteal, core strengthening
- Hamstring, IT band flexibility
- Patellar mobilization
- Teach home exercises

Weeks 2-4 Primary goals: Full ROM, develop strength

- Obtain full ROM, minimal effusion
- Quadriceps strengthening, advance squats, lunges
- Maintain hamstring, calf flexibility
- Maintain core, pelvic balance, gluteal strength
- Ankle pumps
- Proprioception
- Muscle endurance
- Closed chain exercises when strength adequate

Weeks 4-6+ Primary goals: Painless ROM and activity; advance strength

- Advance strengthening
- Should perform single leg squat without instability or loss of control
- No effusion
- Agility, cutting activities
- Begin function specific or sport specific activity when strength adequate