

KNEEbraska
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KNEE ARTHROSCOPIC MENISCECTOMY

REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, planks, SLR, bridging, abs; step ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks	Full	None	Full	Advance sport-specific exercises as tolerated Maintain core, hip strength, glute strength and balance program