

KNEEbraska
 Matthew R. Byington, DO
 Orthopaedic Surgeon—Board Certified
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506
 Phone: (402) 489-4700 Fax: (402) 489-5220
www.KNEEbraska.com // www.drmattbyington.com // www.prairie-ortho.com

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