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Rehabilitation Instructions

Arthroscopic Meniscectomy/Chondral Debridement

Phase I (0- 2 weeks):

Weight Bearing:

- Crutches used for 2-3 days, advance to full weight bearing as tolerated

Range Of Motion (ROM):

- Active and passive Rom (limit flexion to 90 degrees)

Strengthening Exercises:

- Heel Slides
- SLR
- Isometric adduction and abduction
- Patellar mobilization
- Foot and ankle exercises
- Closed kinetic chain exercises-Lower extremity (90 degrees knee flexion)

Phase II (2-4 weeks):

ROM:

- Progress to full

Strengthening Exercises:

- Balance and proprioception training
- Lunges
- Wall sits
- Bicycling (no tension)

Phase III (4-6 weeks):

Strengthening Exercises:

- Leg curls / press
- Squats
- Plyometric exercises
- Endurance training