Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
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Partial Meniscectomy / Chondroplasty

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–7 days** GOAL TO ADVANCE *0-90°; straight-leg raise*	0-90° or more; extension emphasis; bike for motion	Weight bearing as tolerated; crutches for a few days until normal gait	Quad sets, straight-leg raises, clamshells, calf raises, kneecap mobilization
Phase II **1–2 weeks** GOAL TO ADVANCE *Full motion; no swelling; normal gait*	Full, pain-free	Discontinue crutches	Step-ups, mini-squats 0-60°, bridges, hamstring curls, single-leg balance
Phase III **2–8 weeks** GOAL TO ADVANCE *Pain-free daily activity; strength ≥80%*	Full	Full	Gym strengthening, single-leg work; elliptical/swim at 4-6 weeks; return-to-run program when quad strength ≥80%
Phase IV **9–12 weeks** GOAL TO ADVANCE *Strength and hop tests ≥95%*	Full without discomfort	Full	Agility, plyometrics, cutting and pivoting; return to sport**

NOTES

**If approved by physician

This protocol is a guideline. Your surgeon may adjust it based on your surgery and progress.
Call the office for fever, wound drainage, calf pain or swelling, or new numbness or tingling.

Questions: 469.800.7200
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