

KNEE ARTHROSCOPIC MENISECTOMY

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	<ul style="list-style-type: none"> • Heel slides, quad/hamstring sets SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	<ul style="list-style-type: none"> • Progress Phase I exercises • Add sport-specific exercises as tolerated • Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks	Full	None	Full	<ul style="list-style-type: none"> • Advance sport-specific exercises as tolerated • Maintenance core, glutes, hip, and balance program