

Benjamin Lurie MD
Sports Medicine & Shoulder Surgery
Office: 707-544-3400

KNEE ARTHROSCOPIC MENISCECTOMY/REMOVAL OF LOOSE BODY/DEBRIDEMENT REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	While walking	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Progress Phase I exercises Single-leg squats, quad reactivation Cycling, elliptical, stairmaster as tolerated
PHASE III 4-12 weeks	Full	None	Full	Sport-specific exercises, jogging progress to running as tolerated Maintenance core, glutes, hip and balance program