**MENISCUS DEBRIDEMENT/CHONDROPLASTY PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_Weeks 0-2:**

• Crutch use for first 24-48 hours then slowly progress to WBAT

• Regain normal gait

• Immediate full ROM without restrictions

• Modalities for swelling reduction

• Heel slides, quad sets, patellar mobs, straight leg raises, co-contractions

• Stationary bike, elliptical as tolerated

• Heat before PT / Ice after PT

**\_\_\_\_\_\_Weeks 2-4:**

• Continue full weight bearing and unrestricted ROM

• Full ROM should be achieved in the 0-2 week timeframe

• Wall sits, lunges, balance/proprioception exercises

• Leg press, leg curls, squats

• Focus on regaining quad/VMO strength

• Impact activity (light jogging) ok per patient tolerance

• Heat before PT / Ice after PT

• Sport-specific drills as tolerated

**\_\_\_\_\_\_Weeks 4-6+:**

• Plyometics

• Cutting/pivoting activities

• Return to sport/full activities

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_