



Dr. Joshua Alpert
Post-Operative Rehabilitation Protocol:
Knee-Arthroscopic Meniscectomy

	Weight Bearing, ROM	Exercises
PHASE I 0-2 weeks	As tolerated. No brace needed.	Heel slides. quad/hamstring sets. SLR. planks. Bridges. Abs. step ups. Stationary bike as tolerated.
PHASE II 2-4 weeks	Full	Progress phase I exercises. Add sport-specific exercises as tolerated. Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks	Full	Advance sport-specific exercises as tolerated. Maintenance core, glutes, hip and balance program.

Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, IL 60010
847.382.6766

Fox Valley Orthopedics
1710 Randall Road
Elgin, IL 60123
224.293.1170