



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.

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