

Carlton Houtz, M.D.
Highland Clinic Orthopaedics and Sports Medicine

Arthroscopic Knee Partial Menisectomy/Debridement

	Weight Bearing	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Weight bearing as tolerated (WBAT). Crutches used for 24-48 hrs. Advance to full weight bearing as tolerated.	No restrictions on motion. Focus on immediate full extension. Advance to full flexion as tolerated.	Heel slides, Quad and hamstring sets, Patella mobilizations, Straight leg raises, Prone hangs. ICE 3x/day x 20 minutes (Do not place directly on exposed skin) Modalities as needed.
PHASE II 2 – 4 weeks	Full weight bearing	Full ROM	Stationary bike. Wall sits and lunges. Balancing exercises.
PHASE III 4 - 6 weeks	Full weight bearing	Full ROM	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training.