

Name _____
Therapist _____
Physician _____



Partial Meniscectomy, Chondral Debridement

Phase 1 – MOTION AND MOBILITY

Week 0-4 Patellar mobilizations, including quad & patellar tendon
Quad set progressing to SLR (with NMES, biofeedback)
ROM: emphasize full extension, heel/wall slides for flexion
Bike for motion
Open- and closed-chain terminal knee extension (TKE)
Open-chain hip strengthening
*No squats/step-ups

Phase 2 – ENDURANCE

Week 5-8 Closed-chain progression (+/- including squat, lunge, step-up, bridge)
Progress from double leg to single leg; from stable to unstable surfaces
Balance progression
Bike for cardiovascular fitness/quad endurance
*No closed-chain exercises on acutely inflamed knee

**Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.*

Phase 3 – STRENGTH

Week 8-12 Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
Initiate squat jump progression from shuttle to gravity dependent position

Phase 4 – AGILITY, POWER, RETURN TO SPORT

Week 13+ Sport-specific movement patterns practiced in supervised and controlled environment
Graded re-integration into sport activities with MD and PT clearance

Return to Activities *See functional criteria*

Running: 3-4 months

Golf: Short irons at 2 months, full swing with long irons at 3 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met, typically 4+ months but may be individualized

Surgeon Comments: