



**Knee Arthroscopy Protocol**  
**Partial Meniscectomy/Lateral Release**

**Dr. Nick Sexton**

|                                | <b>WEIGHT BEARING STATUS</b> | <b>BRACE</b> | <b>ROM</b>   | <b>EXERCISES</b>   |
|--------------------------------|------------------------------|--------------|--------------|--|
| <b>Phase I</b><br>0-2 weeks    | As tolerated                 | <b>None</b>  | As Tolerated | Heel Slides, quad/hamstring sets, patellar mobilizations, SLR, Planks, bridges, Abs, Step-ups, stationary bike as tolerated. NMES for quad activation. |
| <b>Phase II</b><br>3-4 weeks   | As tolerated                 | <b>None</b>  | As Tolerated | Progress rehab exercises<br>Add sport specific exercises as tolerated.<br>Cycling, elliptical, running as tolerated                                    |
| <b>Phase III</b><br>5-12 weeks | As tolerated                 | <b>None</b>  | As Tolerated | Add Sport specific exercises as tolerated. Maintenance core, glutes, hip and balance program.  |