

Grant H Garcia, MD
2409 North 45th Street,
Seattle, WA 98103
Wallingford: 206-633-8100
Ballard: 206-784-8833



KNEE ARTHROSCOPIC MENISCECTOMY REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated	None	As tolerated	Heel slides, quad/hamstring sets, SLR, planks, bridges, abs, step-ups and stationary bike as tolerated
PHASE II 2-4 weeks	Full	None	Full	Progress Phase I exercises Add sport-specific exercises as tolerated Cycling, elliptical, running as tolerated
PHASE III 4-12 weeks	Full	None	Full	Advance sport-specific exercises as tolerated Maintenance core, glutes, hip and balance program