

**Alexander E. Weber, MD**  
 Sports Medicine Surgery  
 Team Physician USC Athletics and LA Kings  
**Appointments:** 855-SC-SPORT  
**Office:** 818-658-5921  
**Cellular:** 518-928-8389  
**Email:** weberae@usc.edu  
**Website:** www.AlexWeberMD.com



## KNEE ARTHROSCOPIC MENISCECTOMY REHABILITATION PROTOCOL

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