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MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Menisectomy/Debridement

- 0-2 Weeks: Full WBAT immediately
Crutches for 24 – 48 hrs. D/C when gait normalizes.
Full Active/Passive ROM
SLR, Heel Slides, Quad Sets, Calf Pumps
Patellar Mobilization
- 2-6 Weeks: Full Weight Bearing
Progress with ROM until full
Wall sits, Lunges, Balance Exercises
Closed Chain Quad Strengthening
Modalities PRN