

Nikhil Verma, MD
Lisa Raaf, MS, PA-C
Amanda Pfeiffer, MMS, PA-C
Lauren Rooney, MMS, PA-C
1611 W. Harrison, Suite #300
Chicago, IL 60612
Vermapa@rushortho.com
Fax: 708-409-5179
www.sportssurgerychicago.com

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