



## **Meniscectomy/Debridement**

### **Post-Operative Rehabilitation Protocol**

#### **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