

## **Post-Operative Rehabilitation Guidelines for Meniscus Debridement**

### **Weeks 0-2:**

- 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

### **Weeks 2-6:**

- Full Weight Bearing
- Progress with ROM until full
- Wall sits, Lunges, Balance Exercises
- Closed Chain Quad Strengthening
- Modalities PRN