



## **MENISCECTOMY DEBRIDEMENT**

### Post-Operative Rehabilitation Protocol

#### **0-2 weeks**

- Full WBAT immediately
- Crutches for 24-48 hours, discontinue once gait normalizes
- Full active and passive ROM
- Patella mobilization
- SLR supine
- Quad sets
- Heel slides
- Ankle pumps

#### **2-6 weeks**

- Full weight-bearing
- Continue progressing ROM to full
- Wall sits
- Lunges
- Leg press
- Balance exercises
- Closed chain quad strengthening
- Use modalities as needed

#### **6-12 weeks**

- Proprioception exercises
- Continue progressing strengthening exercises
- Single-leg strengthening
- Begin jogging and progress to running
- Sports-specific exercises
- Advance multidirectional motions

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery