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SPORTS MEDICINE & ORTHOPEDICS

Post-Operative Rehabilitation Guidelines for Meniscus Debridement

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

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

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis
 ___ TENS ___ Heat before/after ___ Ice before/after ___ Trigger points massage
 ___ Therapist's discretion
 ___ Other _____

Signature: _____ Date: _____