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Meniscectomy and Debridement Rehabilitation Protocol

Weeks 1-2

- Weight bearing as tolerated without assist by 48 hours post-op.
- ROM
 - Progress through passive, active and resisted ROM as tolerated
 - Goal – Full extension by 2 weeks, 130 degrees of flexion by 6 weeks
- Patellar mobilization daily
- Strengthening
 - quad sets, SLRs, heel slides, ect.
 - No restrictions to ankle/hip strengthening.

Weeks 2-6

- ROM
 - Continue with daily ROM exercises
 - Goal – increase ROM as tolerated
- Strengthening
 - Increase closed chain activities to full motion arc.
 - Add pulley weights, theraband, etc.
 - Monitor for anterior knee pain symptoms.
 - Progress to:
 - Wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening

Continue stationary bike and biking outdoors for ROM, strengthening, and cardio

IMPORTANT CONTACT INFORMATION

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