

POST-OPERATIVE REHABILITATION PROTOCOL

Meniscectomy / Debridement

William McLaughlin, MD | Sports Medicine Surgery | Advanced Bone & Joint

Phase 1 | 0-2 Weeks

GOALS FOR THIS PHASE

- Full weight bearing as tolerated immediately.
- Wean crutches as gait normalizes.
- Achieve full active/passive ROM.
- Initiate quadriceps activation and patellar mobility.

Weight Bearing

- Full weight bearing as tolerated immediately.
- Crutches for 24-48 hours; discontinue when gait normalizes.

Range of Motion

- Full active/passive ROM.

Therapeutic Exercises

- Straight-leg raises, heel slides, quad sets, calf pumps.
- Patellar mobilization.

Phase 2 | 2-6 Weeks

GOALS FOR THIS PHASE

- Maintain full weight bearing.
- Progress knee ROM until full.
- Initiate closed-chain quadriceps strengthening and balance work.

Weight Bearing

- Full weight bearing.

Range of Motion

- Progress with knee ROM until full.

Therapeutic Exercises

- Wall sits, lunges, balance exercises.

- Closed-chain quadriceps strengthening.

Modalities

- Modalities PRN.

This protocol is a general guideline. Progression is patient-specific and at the discretion of William McLaughlin, MD.