

Michael S. Bogard, DO

ORTHOPAEDIC SURGEON

— Sports Medicine Specialist —

Post-Operative Rehabilitation Guidelines/Rehab Protocol **Arthroscopic Meniscectomy/Debridement**

0-2 Weeks:

- Full weight bearing as tolerated immediately
- Crutches for 24 – 48 hours
 - D/C when gait normalizes
- Full Active/Passive ROM
- Straight Leg Raises, Heel Slides, Quad Sets, Calf Pumps
- Patellar Mobilization

2-6 Weeks:

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