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## **MENISCECTOMY/DEBRIDEMENT POSTOPERATIVE REHABILITATION PROTOCOL**

### **PHASE 1 - Wound Protection: 0-2 weeks—WBAT, ROM as Tolerated**

- 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

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### **PHASE 2 - Functional Recovery: 2-6 weeks—Strengthening**

- Full Weight Bearing
- Progress with ROM until full
- Wall sits, Lunges, Balance Exercises Closed Chain Quad Strengthening
- Modalities PRN
- **Gradual Return to Activities Begins 4-6 weeks**