

Nikhil Verma, MD
Lauren Rooney, MMS, PA-C
Nate Davidson, MS, PA-C
Mara Weaver, PA-C
1611 W. Harrison, Suite #300
Chicago, IL 60612
Vermapa@rushortho.com
Fax: 708-409-5179
www.sportssurgerychicago.com

MIDWEST
ORTHOPAEDICS
at RUSH



Post-Operative Rehabilitation Guidelines for Meniscectomy/Debridement

- 0-2 Weeks: 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
- 2-6 Weeks: Full Weight Bearing
Progress with ROM until full
Wall sits, Lunges, Balance Exercises
Closed Chain Quad Strengthening
Modalities PRN