



[www.orthony.com](http://www.orthony.com)  
121 Everett Road  
Albany, NY 12205  
518-453-9088

**Adam G. Suslak, MD**

[adam.suslak@gmail.com](mailto:adam.suslak@gmail.com)

## **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