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### **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