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Sports Medicine

Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

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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