



**MIDWEST  
ORTHOPAEDICS  
AT RUSH**

## **Post-Operative Rehabilitation Guidelines: Meniscectomy**

### **Phase I: Weeks 1-2**

1. Weight bearing as tolerated without assist by 48 hours post-op
2. **ROM Goals:** progress through passive, active and resisted ROM as tolerated
  - a. **Full** extension by 2 weeks, 130° of flexion by 6 weeks
3. Patellar mobilization daily
4. **Strengthening:** quad sets, SLRs, heel slides, etc.
  - a. No restrictions to ankle/hip strengthening

### **Phase II: Weeks 2-6**

1. **ROM Goals:** continue with daily ROM exercises; increased ROM at tolerated
2. **Strengthening:** increase closed chain activities to full motion arc, add pulley weights/therabands, etc.
  - a. **Progress to:** wall sits, lunges, balance ball, leg curls, leg press, plyometrics, squats, core strengthening
  - b. Monitor for anterior knee pain symptoms.
3. Continue stationary bike and biking outdoors for ROM, strengthening, and cardio.

### **Important Information**

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**