

Rehab guidelines for: Knee Arthroscopy with Meniscal Repair

0-6 weeks post-op

- Brace 0-90° for 5 weeks post-op
- Toe-touch weight bearing for 6 weeks post-op
- Use of crutches for 6 weeks post-op

0-2 weeks post-op

- Pain/edema control, patella mobilizations if necessary
- Modalities as needed
- Quad Sets/Hamstring co-contractions 2-3x's daily
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- Obtain full extension if lacking

2 weeks post-op

- Stationary Bike with seat high and lower to normal seat height as tolerated
- Leg extensions with in ROM restrictions, use high volume and light weight
- Leg curls with in ROM restrictions, use high volume and light weight

6 weeks post-op

- Full WB (if OK by MD)
- No pivoting, twisting, hopping, jumping, running
- Encourage full ROM as tolerated
- Normalize gait mechanics
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Treadmill forward and retro walking
- Single leg Stands for proprioception
- Cardiovascular Equipment of choice
- Slide Board - start with short distance and increase as tolerated
- Be aware of PF signs and symptoms and manage accordingly

8 weeks post-op

- Increase progressive resistance exercises for strength, high intensity low volume; full ROM
- Single leg squats

10 weeks post-op

- Plyometrics - with both feet and move to single leg ASAP
- Assess light jogging on treadmill

12 weeks post-op

- Sport specific drills
- Plyometrics for speed and power
- Clearance from doctor prior to return to sport