



Renny Uppal, M.D.

Knee Arthroscopy with Meniscal Repair

0-4 weeks post op

- Brace 0-90° for 4 weeks when not walking
- Non-weight bearing x 4 weeks total
- Then Partial weight bearing (for 2 weeks) with brace unlocked 0-90 degrees
- Then weight bearing as tolerates at 6 weeks with brace unlocked 0-110 degrees
- OK WBAT with brace 0-90 degrees starting at the 4 week mark
- **No Flexion beyond 90° , progress as tolerated at week 4 post-op**

0-2 weeks post op

- Pain/edema control, patella mobilizations if necessary
- Modalities as needed
- Quad Sets/Hamstring co-contractions at multiple angles 13x10 2-3x's daily
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- Obtain full extension if lacking

2-4 weeks post op

- Stationary Bike with seat high and lower to normal seat height as tolerated
- Leg press with 50 % BW MAX!
- 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

- No pivoting, twisting, hopping, jumping, running
- 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
- At 6 weeks encourage full ROM and full weight bearing as tolerated, gait training

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