



Renny Uppal, M.D.

Knee Arthroscopy with Meniscal Root Repair

0-4 weeks post op

- NWB x 4 weeks post-op
- Wear Brace with ROM 0-90 until 4-6 weeks post-op (if patient is struggling with regaining flexion the brace may be open to full ROM at week 4)

4-6 weeks post op

- Partial weight bearing (50%) for 2 weeks, then full weight bearing in brace at 6 weeks
- 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
- Obtain full extension if lacking
- Obtain flexion to 90

6 weeks post op

- Progress to Full weight bearing in brace unlocked 0-90 degrees - gait training
- Stationary Bike with seat high
- Leg extensions, use high volume and light/no weight
- Leg curls, use high volume and light/no weight

8 weeks post op

- Full weight bearing with no brace
- Leg press with 50% of body weight max
- No pivoting, twisting, hopping, jumping, running
- Encourage full ROM as tolerated
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Be aware of PF signs and symptoms and manage accordingly

10 weeks post op

- Treadmill forward and retro walking
- Single leg Stands for proprioception
- Cardiovascular Equipment of choice
- Slide Board - start with short distance and increase as tolerated

12 weeks post op

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



14 weeks post op

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

16 weeks post-op

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