



## **Knee Arthroscopy Meniscal Repair Protocol**

### **Phase I – Maximum Protection (Weeks 0-6):**

#### **Goals:**

- Reduce pain/swelling (ice 3x's daily for 15-20 minutes directly on knee or use cold therapy regularly)
- ROM limitations: 0° extension to 90° flexion
  - NO weight bearing flexion
- Toe touch weight bearing with brace until 4 weeks postop
- Brace locked at 0° extension – brace on at all times except to shower & exercises
- Emphasize protected weight bearing, range of motions restrictions and importance of home exercise program

#### **0-4 weeks postop**

- Modalities as needed
- Control swelling/pain
- Quad sets/SLR
- Start NWB ROM exercises 0-90° (ie. heel slides, wall slides, seated flexion)
- Focus on full passive extension (ie. extension on bolster/towel, prone hangs)
- Patella mobilization
- Stretching (hamstrings, calf, hip)
- Gait/crutch training focusing on TTWB
- May perform upper extremity cardio exercises (upper body ergometer)

#### **4-6 weeks postop**

- Cont. as above
- May transition to WBAT in the brace in **full extension**
- Continue ROM limitations 0°-90° flexion AND no weight bearing flexion
- Hip strengthening exercises
- SLR in multiple planes
- Abdominal isometrics
- If wounds well healed without scab, may start aquatic therapy such as pool walking

### **Phase II – Advance ROM and WB (Weeks 6-12):**

#### **Goals:**

- May transition out of brace as tolerated
- Progress WBAT without brace
- Avoid high impact activities – no running, cutting, twisting or pivoting
- Avoid post activity swelling
- Gait training- normalize gait pattern
- NWB ROM limitations: 0° extension to 120° flexion

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- WB ROM limitations: 0° extension to 90° flexion (**Avoid deep flexion in any WB**)

### **6-10 weeks postop**

- May start station bike (no clipping in or out)
- Progress AROM to 0-120°
- Progress quad and hamstring – add CKE start 0-60° and may progress 0-90°
  - (ie. mini squats, partial lunge, leg press)
- Proprioception/balance exercises
- Continue hip/core strengthening and stretching
- Step exercises
- May perform OKCE 0-90° (ie. hamstring curls, TKEs)
  - Progress OC knee extension exercises based on patellofemoral symptoms

### **10-12 weeks postop**

- May start elliptical if pain free
- Progress non-impact cardio (bike with resistance, swimming, pool running, Nordic track)

### **Phase III – Progress to full ROM & start functional training (Weeks 12-24)**

#### **Goals:**

- Progress to full ROM including flexion
- Avoid post activity swelling
- Avoid posterior knee pain with full flexion
- Progress WB flexion activities and exercises as tolerated (**avoid deep WB flexion until 6 months**)
- Improve strength/functional capabilities
- Control drills
- Progress perturbation
- Later stages return to sport exercises

### **12-20 weeks postop**

- Movement control exercises slow speed single plane and advance to higher speed multi plane
- Impact control exercises
- Continue hip/core strengthening and stretching
- Progress proprioception/balance exercises
  - Perturbation training

### **20-24 weeks postop**

- Agility drills
- Plyometrics
- Functional testing

### **24 weeks postop**

- Return to sport exercises

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