



## Knee Arthroscopy with Meniscus Repair (Radial/Root) Post-Operative Protocol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I – Maximum Protection

#### Weeks 0 to 6:

- Brace – 0-90 degrees
  - Recommend locking brace in extension for sleep
- Non-weight bearing with two crutches for 6 weeks
- Limit knee flexion to 90-degrees for 3 weeks; allow 90-120 degrees between 3 to 6 week

#### Goals

- Reduce inflammation and pain
- 0 degrees of knee extension

#### Exercise progression

- Emphasize patellofemoral mobilizations
- Passive/active knee range of motion with 90° flexion limit
- Quadriceps setting emphasize VMO function
- Multi-plane straight leg raising
- Open chain hip strengthening
- Gait training

### Phase II – Progressive Stretching and Early Strengthening

#### Weeks 6 to 8:

- Brace – open to 0-90 degrees for ambulation; do not have to sleep in brace
- Continue using two crutches, with gradual progression of weight-bearing
  - Increase weight bearing to full weight bearing over next 2 weeks

#### Exercise progression

- Gradual progression to full knee flexion
- Continue to emphasize patella mobility
- Begin bilateral closed kinetic chain strengthening limited range initially
- Step-up progression
- Begin stationary bike with light resistance initially
- Gait training - normalize gait pattern

### Phase III – Advanced Strengthening and Proprioception

#### Weeks 8 to 12:

#### Goals

- Full knee range of motion

#### Exercise progression

- Avoid rotational movements until 14 weeks
- Advance stationary biking program (increase intensity)

- Introduce treadmill walking and elliptical trainer
- Begin unilateral closed kinetic chain program
- Gym strengthening progression (leg press above 90-degrees, hamstrings curls etc.)

**Weeks 10 to 12:**

**Exercise progression**

- Outdoor biking
- Lung progression (retro, walk and split) as indicated
- Forward/backward elevated treadmill walking

**Weeks 12 to 14: Administer preliminary functional test for physician to review**

**Phase IV – Advance Strengthening and Running Progression**

**Weeks 12 to 16**

- Follow-up examination with the physician

**Exercise progression**

- Plyometric drills from bilateral to unilateral at 12 weeks
- Linear running progression at 12 weeks
- Progress to lateral and rotational stresses at 14 weeks
- Multi-directional drills at 14 to 16 weeks

**Criteria to return to sport**

- Pass return-to-sport test at >90% (involved vs uninvolved limb) by 16 weeks
  - See testing protocol

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_