



Knee Arthroscopy Meniscus Repair

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Precautions: Brace should be locked a 0° for 4 weeks, then 90° till 6 week post op

PHASE I (1-2 WEEKS POST OP):

- Weight bearing as tolerated with crutches and brace locked in extension
- Ice, compression, elevation
- EMS
- Scar tissue mobilization
- AAROM
- Strengthening
- Quad/Hamstring isometrics
- Hip abduction/adduction

PHASE II (2-6 WEEKS POST OP):

- Gradual increase in flexion ROM up to 90°
- Brace locked from 0° to 90°
- Pain and effusion management
- Neuromuscular re-education of quads
- Mini squats step-ups
- ROM & Flexibility exercises
- Cycling and other cardiovascular training

PHASE III (6-10 WEEKS POST OP):

- Avoid pivoting
- Brace with full ROM
- Full AROM/PROM
- Progression of quad strengthening exercises
- Standing balance training
- Reduction of effusion and edema
- Lateral step-ups and step downs
- Leg presses

- Proprioception exercises
- Isokinetic exercises
- Swimming, stairmaster, cycling, etc.

PHASE IV (11-16 WEEKS POST OP):

- Discontinue brace
- Advance strengthening and endurance exercises
- Agility and sport-specific drills
- Plyometric training
- Initiation of running and cutting program
- Return of full activity or sport with Isokinetics at least 85% of contralateral leg