

Knee Arthroscopy with Meniscus Repair

Physical Therapy Protocol

STAGE 1

0-2 Weeks Post-Operative

- Do not Start physical therapy until instructed to.
- Brace locked in extension at all times. Non-weight bearing.
- Perform ankle pumps with range of motion - two reps of ten every hour you are awake, promotes blood circulation, helps prevent blood pooling which can lead to clots.

STAGE 3

5-8 Weeks Post-Operative

- May unlock brace during ambulation - D/C brace once good quad tone.
- May advance flexion maximum 90°.
- Encourage range of motion advancement as tolerated.
- Progress resistance exercises as tolerated.
- No jumping, no pivoting, no twisting and no jogging.

STAGE 2

2-5 Weeks Post-Operative

- Brace locked in extension for ambulation and at night.
- Toe touch weight bearing with crutches max of 20 lbs.
- May unlock brace during the day when non-weight bearing 0-90°.
- Straight leg raises in brace at 0°.
- Avoid deep flexion.
- Leg extensions within range of motion restrictions.

STAGE 4

8-12 Weeks Post-Operative

- Continue above.
- Should have full range of motion.
- Start strengthening and stretching exercises.
- Assess light jogging on treadmill at 12 weeks.