



## Knee Arthroscopy with Meniscus Repair (Peripheral/Vertical) Post-Operative Protocol

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

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

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

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

### Phase I – Maximum Protection

#### Weeks 0 to 3:

- Brace - locked in full extension during all ambulation for 3 weeks
  - Can unlock brace to allow 0-90 degrees for unloaded range of motion only
- Use two crutches with touch-down weight bearing (<25% body weight) at all times for 3 weeks
- Limit knee flexion to 90-degrees for 3 weeks

#### Goals

- Reduce inflammation and pain
- 0 degrees of knee extension

#### Exercise progression

- Quadriceps setting using NMES as needed
- 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

#### Weeks 3-6:

- Brace – open to 0-90 degrees for ambulation
- Continue using two crutches, with gradual progression of weight bearing
  - Increase WB to FWB over next 2 weeks
- Progress as tolerated past 90 degrees of knee flexion

#### Goals

- Reduce inflammation and pain
- Maintain 0° of knee extension

### Phase II – Progressive Stretching and Early Strengthening

#### Weeks 6 to 8:

- Discontinue brace

#### Goals

- Full knee extension/hyperextension
- Gradual progression to full knee flexion
- No swelling
- Normal gait

#### Exercise progression

- Continue to emphasize patella mobility
- Begin bilateral closed kinetic chain strengthening (limited range initially)
- Step-up progression

- Begin stationary bike with light resistance initially
- Proprioception drills
- Gait training – normalize gait pattern

### Phase III – Advanced Strengthening and Proprioception

**Weeks 8 to 10:**

**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.)

### 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: \_\_\_\_\_