

GARRETT COUNTY ORTHOPAEDICS

311 North 4th Street, Suite #3

Oakland, MD 21550

301-334-1034

Fax: 301-334-3350

Knee Arthroscopy with Meniscus repair

Overall precautions:

1. NO bending knee with load applied first 6 weeks.

Begin NWB/TTWB only in brace; progress slowly

- 0-2 weeks: 0-25% body weight
- 3-4 weeks: 25- 50% body weight
- 5-6 weeks: 50-75% body weight

Post-op Days 1 – 14

Brace x 9 weeks – Locked in extension x 6 weeks for ambulation (if given by surgeon)

Patellar mobilization (teach patient)

Calf pumping with thera band

No active Hamstring exercises

AAROM 0-90 degrees – Heel slides with towel assist

Passive extension with heel on bolster or prone hangs

quad sets; estim if needed

Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)

Gentle Hamstring stretching

Ice pack with knee in full extension after exercise

Goals

Full passive extension

Flexion to 60 degrees

Good quad control

Weeks 2 – 4

Continue Brace as directed

Continue appropriate previous exercises

Scar massage when incision healed

No active Hamstring exercises

Seated heel and toe raises—progressing to standing bilateral raises

PROM, AAROM, AROM 0-90 degrees only

SLR x 4 on mat – Add light ankle weights if quad control is maintained

Stretches – Hamstring, Hip Flexors, ITB

Goals

Pain/effusion control

No extensor lag

Weeks 4 – 6

Continue Brace as directed

Continue appropriate previous exercises

PROM, AAROM, AROM 0-90 degrees only

Hamstring curls—pain free open chain light weight

Stationary bike gentle ROM only

Total gym/leg press 0-45 deg, up to 25% BW

Goals

ROM 0-90 degrees

No effusion

Weeks 6 – 9

Brace – Open to available range(if given by surgeon)

D/C crutches when gait normal

Continue appropriate previous exercises

PROM, AAROM, AROM – Gradually increase motion through full range

Standing SLR x 4 with light Theraband bilaterally

Shuttle/ mini wall squats 0-45 degrees

Forward, lateral and retro step downs

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training

– Single leg standing progression pain free

Gait training

Treadmill – Forwards and backwards walking

Stationary bike – Progressive resistance and time

Elliptical trainer

Goals

Full ROM

Normal gait

Weeks 9 – 12

D/C Brace

Continue appropriate previous exercises with progressive resistance

Wall squats 0-90 degrees

Leg press 0-90 degrees with resistance as tolerated

Hamstring curls 0-90 on weight machine with light resistance

Forward, lateral and retro step downs (medium to large step)

Hip weight machine x 4 bilaterally

Proprioceptive training – Single leg BAPS, ball toss and body blade

Treadmill – Walking progression program

Pool therapy

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises

No Squatting or Leg press > 90 degrees

Hamstring curls on weight machine through full range

Knee extension weight machine as tolerated

Short arc quads

Functional activities – Figure 8s, gentle loops, large zigzags

Stairmaster – Small steps

Treadmill – Running progression program

Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises

Squatting and Leg press through full range as tolerated

Agility drills / Plyometrics

Sit-up progression

Running progression to track
Quad stretches
Transition to home / gym program

Goals

Return to all activities

No contact sports until 6 months post-op

Todd W. Feathers, MD
Orthopaedic Surgeon