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ORTHOPAEDIC SURGEON

— Sports Medicine Specialist —

Post-Operative Rehabilitation Guidelines/Rehab Protocol

Knee Arthroscopy with Meniscus Root Repair

0-4 Weeks:

- NWB, brace in extension for ambulation and sleeping
- ROM: 0-90°, with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps
- Short crank (90mm) Ergometry

4-6 Weeks:

- Remains NWB with brace locked in full extension during ambulation
- ROM: 0-125 degrees (Maintain full extension)
- Continue patellar mobilization, SLRs, ankle pumps

6-8 Weeks:

- Begin TTWB, and progress to 50% WB and WBAT by 8 weeks as tolerated by patient
- Wean from crutches, anticipate discontinuation of brace around 8 weeks on able to WBAT with quadriceps control
- Wall sits to 90 degrees
- Active knee extension to 40 degrees
- Standard (170mm) ergometry (when knee ROM > 115 degrees)
- Leg Press (80-0 degree arc)
- Mini Squats / Weight Shifts
- Proprioception training
- Initiate Step Up program
- Avoid Tibial Rotation until 6 weeks

8-12 Weeks:

- WBAT without brace
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

12-16 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercises