



Knee Arthroscopy with Meniscal Repair Rehabilitation Protocol for Physical Therapy

Week 0-3:

Can begin weightbearing as tolerated locked in full extension
Pain management
Control of effusion / edema
Quadriceps recruitment
ROM exercises passive and active ROM to 90 degrees
Flexibility exercises
Should achieve full extension and ability to SLR with no extensor lag

Week 4-11:

Begin FWB with brace unlocked and wean out of brace
Progressive ROM to full
Initiate strengthening exercises
Closed chain exercises with no flexion greater than 60 degrees
Incorporate endurance, proprioception, and flexibility exercises
Should be ambulating with no limp by about 6 weeks postop

Week 12 +:

Can begin jogging
Increase strengthening, endurance, proprioception, flexibility exercise
Initiate sport specific drills with gradual **return to athletics at or after 16 weeks**