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**Post-Operative Rehabilitation Guidelines for
Knee Arthroscopy, Medial / Lateral Meniscal Repair (ACL Intact)**

Patient Name: _____ **Date:** _____

Treatment Frequency: _____ **Duration of Therapy Prescription:** _____

PHASE 1: WEEKS 0 - 6

- Anti-inflammatory modalities as needed: Ice, massage, elevation
- Hinged knee brace (Bledsoe) locked in extension, FWB with crutches for first 4 wks
- ROM: 0-90 degrees, first 4 weeks (may remove brace for motion)
- Quad activation/isometrics, SLR, patella mobilization
- Unlock brace at 4 weeks, advance motion to full and return to normal gait
- Discard brace at 6 weeks if Quad control/strength adequate
- Avoid: Squatting, pivoting, twisting, deep knee bends for 3-4 months

PHASE 2: WEEKS 7 - 12

- Continue anti-inflammatory modalities
- Advance knee motion and gait mechanics
- Stationary bicycle when ROM adequate
- Core strengthening (closed kinetic chain)
- Advance Quad exercises
- Proprioceptive training/ exercises

PHASE 3: WEEKS 12 - 18

- In-line running permitted at 12 weeks
- Running with subtle change in direction at 16 weeks
- Cutting with sharp stop-and-go exercises at 18 weeks
- Squats, deep knee bends, pivoting and cutting allowed by 4 months
- Return to full sport by 5 months
- Advance core strengthening
- Advance proprioceptive training (single leg hop, hop scotch)
- Plyometrics: advance

Please send progress notes.

Physician’s Signature: _____

(I have medically prescribed the above treatments)

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