

Knee Arthroscopy with Meniscus Repair

Jonathan M. Cooper, DO

Phone: 952-456-7617 | Fax: 952-456-7967

The surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol, including if *deceleration* of these time frames is desired.

Phase I (Weeks 0 – 6)	Phase II (Weeks 6 – 8)	Phase III (Weeks 8 – 12)	Phase IV (Weeks 12 – 16)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> WEIGHT BEARING as tolerated with brace locked in extension No knee flex > 90° passively <p>*Defer to surgeon operative report on ROM restriction and weight bearing status</p> <p>CLINICAL CARE</p> <ul style="list-style-type: none"> Swelling/Wound management Patellar mobs NMES ROM as tolerated (<90°) Gait Training <p>EXERCISES</p> <ul style="list-style-type: none"> AAROM knee flexion with over-pressure Passive extension stretching Patellar mobs Ankle pumps Quad sets Multiplanar SLR TKE with band NMES is strongly recommended to improve quad strength <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> 6 weeks postoperative Wean from brace after 8 weeks or per surgeon instruction SLR x 10 without lag Single leg stance without UE support ROM <ul style="list-style-type: none"> Extension: 0° Flexion: 90° 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> No PROM restrictions Wean from brace after 8 weeks or per surgeon instruction No knee flexion > 90° in weight bearing <p>*Defer to surgeon preference on ROM restriction and weight bearing status</p> <p>CLINICAL CARE</p> <ul style="list-style-type: none"> Switch from TROM to unloader brace after 8 weeks (if prescribed) Swelling management Patellar mobs NMES Manual knee flexion/extension stretching Light scar mobilization when wound closed Blood Flow Restriction Training <p>EXERCISES</p> <ul style="list-style-type: none"> Begin CKC knee & hip strengthening 0-90 degrees only Progress proprioceptive activities Calf raises Wall slides and steps ups within ROM 0-90° 6 weeks: Slowly add hamstring strengthening <ul style="list-style-type: none"> Hamstring bridge Continue NMES Bike as tolerated Pool Therapy if no wound concerns <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> Normal gait mechanics Single leg stance control without UE support Effusion managed ROM Flexion: >120° 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Watch for patellofemoral pain No knee flexion > 110° in weight bearing No running or cutting activities <p>CLINICAL CARE</p> <ul style="list-style-type: none"> Blood Flow Restriction Training Manual Therapy PRN Eccentric Training (CKC) <p>EXERCISES</p> <ul style="list-style-type: none"> Advance CKC strengthening single leg without dynamic valgus Leg press (double/single) Step downs Forward and Lateral Step ups <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> Negotiate stairs normally Restore limb confidence Full ROM Full extension 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> No jumping, cutting, or sprinting until cleared Full closed chain ROM <p>CLINICAL CARE</p> <ul style="list-style-type: none"> Blood Flow Restriction Training for atrophy if needed <p>EXERCISES 12-16 weeks</p> <ul style="list-style-type: none"> Lunges High level hamstring loading <p>EXERCISES 16-20 weeks</p> <ul style="list-style-type: none"> Running: initiate walk-jog program Jumping: double leg progress to single leg High level strengthening: single leg on unstable surfaces without dynamic valgus <p>20+ weeks</p> <ul style="list-style-type: none"> Agility drills/plyometrics without dynamic valgus Sports specific activities >90% of limb symmetry on Functional Testing <p>24+ weeks</p> <ul style="list-style-type: none"> Cutting/sport specific activities if cleared <p>CRITERIA to advance....</p> <ul style="list-style-type: none"> Return to sport or heavy work cleared by MD >90% of limb symmetry on Functional Testing Within 1 cm quad girth difference side to side

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