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Knee Arthroscopic Meniscal Repair Protocol (early weight bearing)

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: - No quad lag - Adequate hamstring control	Weight bearing as tolerated with brace locked in extension x3 weeks	0-90 deg A/PROM x 4 weeks - Patellar mobilization - Modalities PRN - Begin Kneehab	- Wall slides, heel slides to 45 deg flex - Quad activation, SLR, quad series - Extension mobilization - Sit & reach for hamstring stretch w/ towel - Ankle pumps
Phase 2 (3-6 weeks) Goals: - Moderate proprioception - Full ROM	- WBAT locked in extension x3 wks - Advance to FWB with unlocked knee brace	0-90 deg A/PROM x 4 weeks - Begin Full A/PROM as tolerated at 5 weeks - Patellar Mobilization - Modalities PRN	- Wall slides, heel slides - Quad activation, SLR, quad series - Extension mobilization - Sit & reach for hamstring stretch w/ towel - Stationary bike no resistance at 5 weeks - BFR – may initiate post op day 15
Phase 3 (7-10 weeks) Goals: No pain or swelling following exercises	- D/C hinged brace - FWB	- Full A/PROM - No deep squats or sitting cross-legged x 4 months	- Can begin hamstring sets - Toe & heel raises - Begin mini squats and progress as tolerated - Begin Elliptical with minimal resistance - Advance stationary bike with minimal resistance - Aquajogging - Reverse lunges
Phase 4 (11-16 weeks) Goals: - Return to golf, hiking, outdoor biking at 16 weeks - Skiing, pivoting sports at 20 weeks	FWB	- Maintain full A/PROM - No deep squats or sitting cross-legged x 4 months	- Begin walk to run program - Can begin rowing - Leg press, single leg dead lift, balance squats - Begin light plyometric training - Sport specific drills at 12 weeks - Clearance from Dr. Flikkema prior to return to sport

RETURN-TO-SPORT CRITERIA:

Full return to all sports and games

- Atleast 5 months from surgery
- No functional complaints, full range of motion & no effusion
- Confidence when running, cutting, jumping at full speed
- >90% isometric quadriceps strength
- >90% contralateral values on hop tests
- >90% Quad Index LSI with Biodex or HHD
- >90% Quad peak torque/body weight on Biodex (if applicable)