



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Knee Arthroscopy with Meniscus Repair **Rehabilitation Protocol**

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Week 1

Weight Bearing

- Non-weight bearing when ambulating with crutches
- No weight bearing at all in flexion angles $> 90^\circ$

Range of Motion

- $0-90^\circ$

Brace

- Locked at 0° extension
- OK to remove for hygiene and exercises
- Wear at night

Therapeutic Exercise

- Flexion: wall slides, heel slides to patient tolerance
- Extension: Passive knee extension using towel roll, prone hangs
- Strengthening: Quad setting with knee support, hamstring digs with knee support, plantarflexion/dorsiflexion, eversion/inversion strengthening

Week 2

Weight Bearing

- Non-weight bearing when ambulating with crutches
- No weight bearing at all in flexion angles $> 90^\circ$

Range of Motion

- $0-90^\circ$

Brace

- Locked at 0° extension
- OK to remove for hygiene, exercises, AND SLEEP

Therapeutic Exercise

- Flexion: wall slides, heel slides, sitting flexion
- Extension: Passive knee extension using towel roll, prone hangs
- Open kinetic chain: straight leg raise, Hip abd/adduction, hip extension, hamstring set or prone hamstring curl
- Closed Kinetic Chain: Heel raises, leg press with minimal resistance
- Trunk stabilization
- Manual Interventions: patellar mobs, tibiofemoral mobs into extension, soft tissue as indicated

Weeks 3-4

Weight Bearing

- Continue to ambulate with crutches, but may begin touch down weight bearing
- No weight bearing at all in flexion angles $>90^\circ$

Range of Motion

- Increase flexion PROM approx. by 10° per week
- Achieve and maintain full passive and active extension

Brace

- Brace unlocked, with ROM set to $0-90^\circ$ for ambulation
- OK to remove for hygiene, exercises, AND SLEEP

Therapeutic Exercise

- Open Kinetic Chain: Straight leg raises into flexion with emphasis on endurance of quadriceps and full knee extension
- Open Kinetic Chain: Hip strengthening and leg extensions $90-40$ degrees without weight
- Closed Kinetic Chain: step ups, heel raises progressing to single leg
- Single leg standing
- Hamstring PREs
- Manual interventions, modalities and trunk stabilization exercises

Weeks 4-6

Weight Bearing

- Continue crutches
- Advance to partial weight bearing with crutches
- No weight bearing at all in flexion angles $>90^\circ$

Range of Motion

- Full active and passive extension
- Flexion within approx. 10° of uninvolved leg

Brace

- Gradually discontinue brace

Therapeutic Exercise

- Open Kinetic Chain: Straight leg raises into flexion with emphasis on endurance of quadriceps and full knee extension
- Open Kinetic Chain: Hip strengthening and leg extensions 90-40 degrees without weight
- Closed Kinetic Chain: step ups, heel raises progressing to single leg
- Single leg standing
- Hamstring PREs
- Manual interventions, modalities, and trunk stabilization exercises

Weeks 6-8

Weight Bearing

- Full weight bearing
- Gradually discontinue crutch use
- No weight bearing at all in flexion angles $>90^\circ$

Range of Motion

- Full active and passive extension and flexion ROM

Brace

- None

Therapeutic Exercise

- Begin Stationary Bike
- Progress intensity of strengthening program, stair climber, walking incorporating single leg activities
- Lunges 0-90°
- Leg press 0-90°
- Functional Goals: reciprocal stair ascending, walking with normal gait pattern
- Progress intensity of strengthening program incorporating single leg activities

Weeks 8-12

Weight Bearing

- Full weight bearing

Range of Motion

- Full and pain free range of motion

Brace

- None

Therapeutic Exercise

- Jumping activities on gravity eliminated shuttle (progress to single leg)
- Jogging on trampoline
- Dynamic single/double leg functional exercises as anticipated for sport activity

Weeks 12+

Weight Bearing

- Full weight bearing

Range of Motion

- Full and pain free range of motion

Brace

- None

Therapeutic Exercise

- Progress to running when: 90% of quadriceps strength as measured, single leg squat depth, hop Testing, single leg balance duration
- Return to running- treadmill walk/run intervals, treadmill running, track running (run straight, walk turns), track running full, road running
- Agility and plyometric exercises
- Lateral and cutting maneuvers