



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

Knee Arthroscopy with Menisectomy Rehabilitation Protocol

Dr. Jeffrey R. Jaglowski
jagsortho.com

**** 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.****

Phase I: 0-2 Weeks Post-op

Weight Bearing

- Touch down weight bearing with crutches for 2-3 days then transition to weight bearing as tolerated. Wean crutches as pain subsides and able to walk without limp.

Range of Motion

- Full ROM as tolerated with angles more than 90°

Brace

- None

Therapeutic Exercise

- Exercises to achieve full ROM
- Heel slides, hamstring curls, toe raises
- Isometric hip adduction to resisted hip adduction
- Quadriceps sets
- Static weight lifts/ short arc quads
- Hip abduction (does not aggravate patella-femoral symptoms)
- Theraband exercises: knee extension, leg press
- Stationary bike as tolerated

Phase II: 2-4 Weeks Post-op

Weight Bearing

- Weight bearing as tolerated

Range of Motion

- Full

Brace

- None

Therapeutic Exercise

- ROM and strengthening exercises
- Functional Training: balance activities, step-downs/ups, lunges, and or partial squats, as tolerated
- Eccentric quadriceps and hamstring exercises
- Jogging on a mini- trampoline, progressing to treadmill running
- Increase resistance on stationary bicycle

Phase III: 4+ Weeks Post-op

Weight Bearing

- Weight bearing as tolerated

Range of Motion

- Full

Brace

- None

Therapeutic Exercise

- Strengthening exercises
- Plyometric exercises
- Running and agility drills
- Sport specific drills

Phase IV: 12-24 Weeks Post-op

Range of Motion

- Full ROM without discomfort

Sling

- None

Therapeutic Exercise

- Progress to tolerance
- No restrictions