

# Knee Arthroscopy with Meniscus Repair Physical Therapy Protocol

Dr. Bradley Raphael MD



## STAGE 1

### 0-2 Weeks Post-Operative

- Do not Start physical therapy until instructed to.
- Brace locked in extension at all times.
- Non-weight bearing.
- Perform ankle pumps with range of motion - two reps of ten every hour your awake, promotes blood circulation, helps prevent blood pooling which can lead to clots.

## STAGE 2

### 2-5 Weeks Post-Operative

- Brace locked in extension for ambulation and at night.
- Toe touch weight bearing with crutches max of 20 lbs.
- May unlock brace during the day when non-weight bearing 0-90 degrees.
- Straight leg raises in brace at 0 degrees.
- Avoid deep flexion.
- Leg extensions within range of motion restrictions.

## STAGE 3

### 5-8 Weeks Post-Operative

- May unlock brace during ambulation - D/C brace once good quad tone.
- May advance flexion maximum 90 degree.
- Encourage range of motion advancement as tolerated.
- Progress resistance exercises as tolerated.
- No jumping, no pivoting, no twisting and no jogging.

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 Practicing Locations

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## STAGE 4

### 8-12 Weeks Post-Operative

- Continue above.
- Should have full range of motion.
- Start strengthening and stretching exercises.
- Assess light jogging on treadmill at 12 weeks.