

Post-Operative Rehabilitation

Arthroscopic Knee Meniscus Repair

Dr. Joshua Alpert



Post-op Phase	Weight Bearing Status	Use of Brace	Passive ROM & Active ROM	Strength training and proprioception exercises	Return to running and sports	Recommended Restrictions
Phase one Week 1-4	NWB x 4 weeks	post op brace when ambulating Locked in full extension	Limit knee flexion to 90°	Quad sets, heel slides, ankle pumps	none	avoid pivoting and varus/valgus stresses no flexion beyond 90°
Phase Two 4-12 weeks after surgery	FWB D/C crutches	D/C post op brace	begin stationary cycle Full ROM	SLRs, wall slides & partial squats to 90° knee flexion, toe-raises, ankle weight exercises, leg press, step up/down	none	avoid patellofemoral overload avoid squatting stair stepper machines avoid pivoting or twisting
Phase Three 12-16 weeks	Full	neoprene sleeve optional	no restrictions	return to weight training single leg strengthening	none	continue above precautions
Phase 4 16-20 weeks	Full	neoprene sleeve optional	no restrictions	gradual and progressive	progressive running straight ahead up to 30 min	continue above precautions
Phase 5 20 weeks	Full	neoprene sleeve optional	no restrictions	gradual and progressive	speed & agility program progressive return to sports, as tolerated	Progress to full activity as tolerated