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**Post-Operative Rehabilitation Protocol:
 Knee-Arthroscopic Meniscus Repair**

	Brace	Exercises	Precautions
PHASE I 0-4 weeks NWB	Post-op brace when ambulating. Locked in extension. NWB.	<u>ROM</u> : limit knee flexion to 90° <u>Strength/Proprioception</u> : quad sets. Heel slides. Ankle pumps.	- avoid pivoting and varus/valgus stress. - no flexion beyond 90°
PHASE II 4-12 weeks FWB, discontinue crutches	Discontinue postop brace. FWB.	<u>ROM</u> : begin stationary cycle. Full ROM. <u>Strength/Proprioception</u> : SLRs. Wall slides. Partial squats to 90° knee flexion. Toe raises. Ankle weight exercises. Leg press. Step up/down.	- avoid patellofemoral overload - avoid squatting, stair stepper machines - avoid pivoting or twisting
PHASE III 12-16 weeks FWB	Neoprene sleeve optional	<u>ROM</u> : no restrictions <u>Strength/Proprioception</u> : return to weight training. Single leg strengthening.	- continue above precautions
PHASE IV 16-20 weeks FWB	Neoprene sleeve optional	<u>ROM</u> : no restrictions <u>Strength/Proprioception</u> : gradual and progressive <u>Return to running/sports</u> : progressive running straight ahead up to 30 minutes	- continue above precautions
PHASE V 20 weeks+ (ct'd next pg)	Neoprene sleeve optional	<u>ROM</u> : no restrictions <u>Strength/Proprioception</u> :	- progress to full activity as tolerated

FWB		gradual and progressive Return to running/sports: speed and agility program. Progressive return to sports as tolerated.	
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