



## **KNEE ARTHROSCOPY WITH MENISCUS REPAIR PROTOCOL**

PT Protocol: Dr. Salvatore Frangiamore

- **Please keep in mind- these are guidelines only.**
- **Other than specifics regarding bracing and early limitations, I trust your expertise to provide the best treatment strategy for my patients.**
- **- if there are any questions don't hesitate to contact myself or my team**

### **Immediate Post op Goals:**

- **Full knee extension ROM (equal to uninjured knee)**
- **Active control of quadriceps muscle**
- Swelling controlled
- Knee flexion ROM 0-90°
  - ❖ flexion limited to 90 for 4 weeks
- ❖ Anticipate approximately 24-36 post-operative PT appointments (3x/week for the first month, 2x/week for second month, 1x-2x/week thereafter)
- ❖ Walking without crutches by approximately 2 weeks after surgery
- ❖ Back to desk type work/school within 1 week following surgery
- ❖ Manage stairs normally by approximately 6 weeks after surgery
- ❖ Begin running approximately 12 weeks after surgery
- ❖ Progress back to sports 5-6 months after surgery if you have met the goals below

### **Phase 1 (Weeks 0 to 2)**

- WBAT for most repairs (exceptions: meniscus root repair, bucket handle repair or other specified by surgeon)
  - **(In this case NWB would be initiated x 4 weeks to protect repair, gradual over next 2 weeks)**
- Use post-operative knee brace locked in full extension FOR WEIGHTBEARING ONLY for the first 4 weeks: WBAT with brace locked at 0°
- Use crutches for 1-2 weeks (vs 4-6 if repair)
- ROM (WHEN NWB): 0-90°
- Begin isometric quad sets full extension immediately
  - SLR with knee in full extension, Quad setting

### **Phase 2 (Weeks 2 to 6)**

- Continue brace locked in full extension FOR WEIGHTBEARING ONLY for the first 4 weeks
- Continue exercises from previous phases (as described above)
- Begin bike and closed-chain exercises at 2 weeks
- Able to discontinue crutches
- ROM (WHEN NWB)
  - Weeks 3-4 → 0-90°
  - Week 5 → full ROM
- Unlock brace at 4 weeks and return to normal gait
- Discard brace at 6 weeks

### **Phase 3 (Weeks 7+)**

Return to running at 3-4 months  
Return to full sports at 5-6 months