



Knee Arthroscopy, Meniscus Repair Rehab Protocol

Weeks 1-2: Protective Phase

Brace: Immobilized in extension

Weight Bearing: Non weight bearing

ROM Goals:

- Full extension, flexion to 90 degrees

Therapeutic Exercises:

- Strengthening: Quad sets, four way straight leg raises
- Proprioception: Weight Shifting
- Conditioning: UBE
- Manual Therapy: Patellar Mobilization
- Cryotherapy: 6-8 times a day for 20 mins

Weeks 3-4: Motion Phase

Brace: Immobilized in extension

Weight Bearing: partial weight bearing

ROM Goals:

- Full extension, flexion to 90 degrees

Therapeutic Exercises:

- Strengthening: Quad sets, four way straight leg raises
- Proprioception: Weight Shifting
- Conditioning: Stationary bike, less than 15 mins
- Manual Therapy: Patellar and joint Mobilization, passive knee flexion to 90, peri-patellar soft tissue mobilization

Weeks 5-6: Strengthening Phase

Brace: off

Weight Bearing: progress to full weight bearing

ROM Goals:

- Full extension, flexion to 120 degrees

Therapeutic Exercises:

- Strengthening: Closed chain: half squats, step downs, etc
- Proprioception: Weight Shifting, balance activities
- Conditioning: Stationary bike, less than 15 mins, UBE
- Manual Therapy: Patella and joint Mobilization, passive knee flexion to 120, peri-patellar soft tissue mobilization



Weeks 7-8: Advanced Strengthening Phase

Therapeutic Exercises:

- Strengthening: Closed chain: half squats, step downs, etc. Multiplane single leg, hamstrings
- Proprioception: Weight Shifting, single leg balance activities
- Conditioning: Stationary bike, UBE
- Manual Therapy: Patella and joint Mobilization, knee flexion to 120, peri-patellar soft tissue mobilization

Month 2-4: Conditioning Phase

Therapeutic Exercises:

- Strengthening: Closed chain. Multiplane single leg, hamstrings
- Proprioception: Weight Shifting, balance activities, Excursion testing
- Conditioning: Stationary bike, UBE, stair climber, elliptical machine, ski machine

Month 5: Return to sport and function phase

Therapeutic exercises:

- Conditioning: Running straight

Month 6

Therapeutic exercises:

- Conditioning: Cutting