

Knee Arthroscopy with Meniscal Repair or Reconstruction

DETAILED BRACE AND PHYSIOTHERAPY PRESCRIPTION:

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISES
2-4 weeks	WBAT with crutches. Expect to d/c crutches approx. 14 days.	Locked at 0-90°	0-90°	PROM to tolerance, patella mobilization, quad/ham/glut sets, hamstring stretches, hip strengthening, SLR.
4-6 weeks		Brace locked at 0-90° for ambulation. Unlocked for ROM and exercises	Limit to 90 deg	PROM, patella mobs, quad/hamstring strengthening, stationary bike for ROM when flexion reached 90°, continue to advance lower extremity strengthening activities. *Avoid twisting while weight bearing and avoid squat beyond 90°.
6-12 weeks		Wean out of brace	Progress to full and pain free.	Progress ROM, add proprioception training, foot work, closed kinetic chain exercises.
12-16 weeks			Full	Advance above activities progress to jogging and gradual return to sports specific training and exercises if all symptoms have resolved and full ROM obtained.