

Jay F. Deimel, MD

ORTHOPAEDIC SURGERY
SPORTS MEDICINE

KNEE ARTHROSCOPY with MENISCUS REPAIR POST OPERATIVE PHYSICAL THERAPY PROTOCOL

Brace:

- Week 0-2: Locked in extension (remove for PT/washing)
Week 2-4: Unlocked ***except when walking*** (remove for PT/washing/sleep)
After wk 6: Discontinue brace

Weight Bearing:

- Week 0-6: WBAT (weight bearing as tolerated) in knee brace locked in full extension
(assistance with crutches, as needed)
After wk 6: WBAT without brace, discontinue crutches if still using

ROM:

- Week 0-2: AROM/PROM from 0-90 degrees
After wk 2: Full ROM as tolerated

Exercise:

- Week 0-4: heel slides, quad sets, patellar mobilizations, SLR's
Week 4-8: quad/hamstring isometrics, wall sits < 90 degree knee bend, stationary bike for
ROM only (no resistance)
Week 8-12: leg press, single leg squat, lunges: 0-90 degrees, resistive stationary bike
Week 12-16: light jog/walk progressions, plyometrics
After wk 16: progress to full running, cutting, pivoting.

- Month 4-6:** Return to full activities and contact sports as directed by MD and therapist.

***Please direct questions to Dr. Deimel and his team at 814-454-2401.**