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Knee Arthroscopy with Meniscal Repair

Phase I

0-2 weeks:

- No weight bearing in brace, brace locked in extension for ambulation and sleep (**0-1 week**), range of motion 0-90° when non-weight bearing.
- Full weight bearing with brace locked in extension. (**1-2 weeks**)
- Exercises: heel slides, quad/hamstring sets, patellar mobilization, gastroc/soleus stretch, straight leg raise with brace locked in extension until quad strength prevents extensor lag.

Phase II

2-6 weeks:

- Full weight bearing with brace unlocked 0°-90°, may remove brace at night, full range of motion when non-weight bearing. (**2-4 weeks**)
- Full weight bearing without brace. (**4-6 weeks**) **Avoid weight bearing with flexion >90°.**
- Exercises: begin toe raises, closed chain quads.

Phase III

6-12 weeks:

- Full unrestricted range of motion with weight bearing.
- Progress closed chain exercises, begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
- Begin stationary bike when able

Phase IV

12-20weeks:

- Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Swimming okay at 12 wks
- Advance to sport-specific drills and running/jumping after 16 wks