



Rehab Protocol

Knee arthroscopy
Meniscal repair

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Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the knee and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Non-weight bearing on crutches 		
Brace	<ul style="list-style-type: none"> • Locked in extension • At rest the brace can be loosened to allow swelling and discomfort to settle • Sleep in brace 		
Recommendations	<ul style="list-style-type: none"> • Rest and elevate as required • Ice the knee up to 3 times a day – particularly in the first 72 hours • Range of motion exercises of ankle • Range of motion exercises of hip 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Supine straight leg raise • Side leg raise • Ankle pumps • Supine knee extension – foot elevated/supported 		

Phase 1		Week 2 to week 6	Date
Goals	<ul style="list-style-type: none"> • Begin range of motion - gentle • Begin strengthening hip and core 		
Precautions	<ul style="list-style-type: none"> • Non-weight bearing on crutches • The foot may rest on the ground when stationary 		
Brace	<ul style="list-style-type: none"> • Locked in extension when mobilising • Unlock brace at rest and when doing ROM exercises • At rest the brace can be loosened to allow swelling and discomfort to settle • Sleep in brace (locked in extension) weeks 3-4 • Sleep without brace weeks 5-6 		
Recommendation	<ul style="list-style-type: none"> • Gently move knee from 0 – 90 degrees (wear brace but unlock). No resistance, no strengthening • Hip and gluteal muscle strengthening • Ankle range of motion 		
Suggested exercises	<ul style="list-style-type: none"> • Static quads contraction • Supine straight leg raise in locked brace • Ankle pumps • Supine bed supported knee bend • Sitting supported knee bend • Supine knee extension – foot elevated/supported • Side leg raise – knee straight in locked brace 		

Phase 2		Week 7 to week 12
Goals	<ul style="list-style-type: none"> • Comfortably walk normally • Increase range of motion 	
Precautions	<ul style="list-style-type: none"> • No running • No deep squats (including kneeling, crouching down to or sitting on floor) • No forced high flexion of the knee (0-100 degrees only) 	
Brace	<ul style="list-style-type: none"> • No brace required 	
Recommendations	<ul style="list-style-type: none"> • Gradually begin taking weight through your leg when you walk. Fully weight bear as able • Discard crutches when walking safely • Achieve full extension – passive and active • Flex actively as comfortable, but no forced high flexion (0-110) • Gluteal and hip strengthening • Ankle and calf strengthening • Short walks 	
Suggested exercises	<ul style="list-style-type: none"> • Wall slide mini squat • Double leg squats (0-60) • Sitting unsupported knee extension and flexion • Single leg stance – knee straight, knee flexed • Straight leg raise • Step ups • Double calf raises progress to single calf raise • Side leg raise – knee straight, knee flexed • Gluteal band exercises • Bridging with gluteal contraction • Exercycle – low resistance, short interval 	

Phase 3		3 Months – 6 months
Goals	<ul style="list-style-type: none"> • Gain full function and strength • Gain full range of motion of knee 	
Precautions	<ul style="list-style-type: none"> • Avoid collision sports or high risk recreational activity • Return to vigorous athletic activity as physiology allows (rapid return to rigorous strength training or endurance and speed training can lead to tendinopathies or injury) 	
Recommendations	<ul style="list-style-type: none"> • Achieve full range of motion including high flexion • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during athletic activity. Neuromuscular control and co-ordination of leg • Long walks 	

	<ul style="list-style-type: none"> • Return to running in sensible progressive time frame 	
<p>Suggested exercises</p>	<ul style="list-style-type: none"> • Double leg squats (0-90) • Single leg squats • Single leg hop • Step ups – increase height • Hop ups • Step downs • Resisted quads and hamstring weight training • Gluteal band exercises • Bridging • Exercycle – increase resistance and training length 	