

Patient name:
Date of Surgery:
Surgery performed:

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General Ortho and Sports Medicine
South Bend Orthopaedics
Rehabilitation Protocol
Knee arthroscopy with Meniscal ROOT Repair

This is a general guideline. Certain patients may require extra attention to certain areas of their body or portions of the protocol. Always listen to your therapist; a protocol never replaces their good clinical judgement. Do not attempt to increase weight, perform a new exercise, or increase your range of motion without their direction.

FIRST POST-OP WEEK

- A well-padded post-operative dressing will be placed in the operating room. Keep this clean and dry until removed by PT/OT at your first appointment.
- Crutches will be provided. You will be **touch down weight bearing** for approximately 6 weeks after surgery. No more than 10% of your body weight should go through your operative leg when walking.
- A hinged knee brace will be placed in the operating room. This should be worn at all times, including sleeping, unless doing certain PT exercises or showering. The brace should be locked in extension when walking; but will permit for 0-90° of knee flexion when unlocked.
- Quad sets and ankle pumps – perform 10 repetitions of each, 10 times a day, starting the day after surgery.
- **Take your pain medication as prescribed, as needed for pain.**
- PT/OT ~ 5 days postoperatively
 - Removal of postoperative dressing
 - Reaffirming correct performance of quad sets and ankle pumps, and crutch use
 - Edema control via compression, manual mobilization and/or cold therapy.
- Formal therapy to occur once per week, with patient performing routine on own daily.

FIRST POST-OPERATIVE APPOINTMENT ~ 10-14 days after surgery

- Motion/incision check, suture removal.
- The brace is likely to be removed at this time

3 WEEKS POST-OP - Scar mobilization techniques may be initiated by PT/OT.

6 WEEKS POST-OP – 2nd postop visit

- Progress to weight bearing as tolerated on the surgical leg, wean off crutches by week 8.
- Once full range of motion and a satisfactory healing time frame has been obtained, a work conditioning program is recommended for manual laborers, jobs that require heavy lifting, or lots of time spent on their feet.
- Physical Therapy visits may increase to 2 or 3 formal visits weekly during this period.

12 WEEKS POST-OP – 3rd postoperative visit

- A strengthening protocol with therapy bands, cables, free weights, pivoting, cutting, acceleration/deceleration activities, and plyometrics must be followed in a stepwise and progressive fashion.
- **Deep knee squats and leg press beyond 70 degrees of knee flexion should be avoided for 4 months post-op.** Begin progressive re-introduction of sport-specific activity at this time.
- It may take 6 months or more to return to full-function for those with high demand employment, or athletic activities.

Further follow-up may be scheduled based on patient progress, and clearance needed to return to full activity.