

KNEE ARTHROSCOPY & MENISCAL REPAIR

Post-Op (0-2 weeks)

- Hinged knee brace locked in extension
- Protected weight bearing with crutches

Post-Op (2-6 weeks)

- Progress to weight bearing as tolerated
- Begin Range of Motion
- No leg press or squats (loading in flexion) for 6 months
- Limit flexion to 90 degrees

Post-Op (6 -12 weeks)

- Full weight bearing
- Full Range of Motion
- No leg press or squats (loading in flexion) for 6 months

Post-Op (3 months)

- Allow weight bearing through full range of motion
- Return to training and sport – no cutting and twisting, no game play

Post-Op (6 months)

- Return to Sport
- Cleared for leg press, squats and pivoting activities