

Arthroscopic Meniscus Repair – Horizontal Tear Physical Therapy Protocol

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Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Knee Arthroscopy

Associated Procedure (checked if performed):

- Chondral Debridement (Chondroplasty)
- Fat Pad/Plica Debridement

Frequency: 2x per week for _____ weeks

Phase I (0-2 weeks): *Initial recovery.*

- **Weightbearing:** As tolerated (WBAT) with crutches for balance.
- **Brace:** Locked in extension during ambulation and sleeping.
- **ROM:** Progress through passive, active-assisted and active ROM as tolerated.
 - **Goal:** Full ROM by 2 weeks.
- **Therapeutic exercises:**
 - Patellar mobilizations: 5-10 minutes daily
 - Electric stimulation for quad control
 - SLRs supine
 - Quad and hamstring sets
 - Heel slides
 - Ankle/hip strengthening

Phase II (2-4 weeks): *Transition phase.*

- **Rehabilitation Goals:** Advance ROM and strengthening
- **Weight Bearing:** As tolerated (WBAT).
- **Brace:** Unlock and discontinue when able.
- **ROM:** Maintain full ROM. Gentle passive stretching at end ranges.
- **Therapeutic Exercises:**
 - As above.
 - Begin and advance closed chain strengthening to full motion arc.
 - Add pulley weights, therabands and other modalities per PT discretion.

- Advance to wall sits, lunges, balance ball, leg curls, leg press.
- Initiate stationary and outdoors biking for ROM, strengthening and cardio.
- Progress to sport-specific activities as tolerated.

Phase III (4-6 weeks): *Advanced phase*

- **Rehabilitation Goals:** Return to athletic activities
- **Weight Bearing:** As tolerated (WBAT).
- **Brace:** None.
- **ROM:** Full and painless.
- **Therapeutic Exercises:**
 - Advance/add resistance to phase II exercises.
 - Initiate stationary and outdoors biking for ROM, strengthening and cardio.
 - Plyometric exercises
 - Endurance work
 - Progress to sport-specific activities as tolerated