



Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Knee - Arthroscopic Meniscus Repair

	Brace	Exercises	Precautions
<b>PHASE I</b> 0-4 weeks  NWB	Post-op brace when ambulating. Locked in extension. NWB.	<u>ROM</u> : limit knee flexion to 90°  <u>Strength/Proprioception</u> : quad sets. Heel slides. Ankle pumps.  Keep the brace locked in extension until therapist unlocks 0-90 degrees	<ul style="list-style-type: none"> <li>- avoid pivoting and varus/valgus stress.</li> <li>- no flexion beyond 90°</li> </ul>
<b>PHASE II</b> 4-8 weeks  FWB, discontinue crutches	Unlocked post-op brace. FWB.	<u>ROM</u> : begin stationary cycle. Full ROM.  <u>Strength/Proprioception</u> : SLRs. Wall slides. Partial squats to 90° knee flexion. Toe raises. Ankle weight exercises. Leg press. Step up/down.  Focus on range of motion. Start gentle strengthening	<ul style="list-style-type: none"> <li>- avoid patellofemoral overload</li> <li>- avoid squatting, stair stepper machines</li> <li>- avoid pivoting or twisting</li> </ul>
<b>PHASE III</b> 8-12 weeks	Discontinue brace - FWB	Follow up with Dr. Alpert or his PAs Christina or Joe in office Focus on strengthening.	

<p><b>PHASE IV</b> 12-16 weeks</p> <p>FWB</p>	<p>Neoprene sleeve optional</p>	<p><u>ROM</u>: no restrictions</p> <p><u>Strength/Proprioception</u>: return to weight training. Single leg strengthening.</p>	<p>- continue above precautions</p>
<p><b>PHASE V</b> 16-20 weeks</p> <p>FWB</p>	<p>Neoprene sleeve optional</p>	<p>ROM: no restrictions</p> <p>Strength/Proprioception: gradual and progressive</p> <p>Progress to work conditioning</p>	<p>-Can slowly return to sports</p>
<p><b>PHASE VI</b> 20 weeks+</p> <p>FWB</p>	<p>Neoprene sleeve optional</p>	<p><u>ROM</u>: no restrictions</p> <p><u>Strength/Proprioception</u>: gradual and progressive</p> <p>Return to running/sport, focus on speed and agility program.</p> <p>Begin work conditioning.</p>	<p>- progress to full activity as tolerated</p>

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170