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Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

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Post-Operative Rehabilitation Guidelines for
Meniscal Root Repair

0-4 Weeks:

- NWB in brace in extension with crutches until 6 weeks postop
- Brace in extension for sleeping 0-2 wks
- Active/Passive ROM 0-90 degrees
- Quad sets, SLR, Heel Slides
- Patellar Mobilization

4-6 Weeks:

- Progress with ROM until full
- Maintain NWB status

6-8 Weeks:

- Advance to WBAT at 6 weeks postop after transitioning to the unloader brace
- D/C immobilizer/hinged knee brace when quad strength adequate (typically around 6 weeks)
- D/C crutches when gait normalized
- Wall sits to 90 degrees

8-12 Weeks:

- WBAT with use of unloader brace until 6 months post-op
- Full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees
- Proprioception exercises
- Begin Stationary Bike

12-16 Weeks:

- Progress Strengthening exercises
- Single leg strengthening
- Begin jogging and progress to running
- Sports specific exercise