



# Bay Area Orthopedic Surgery and Sports Medicine

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## **Teodoro P. Nissen, MD**

*Fellowship Trained  
Sports Medicine and Sports Trauma  
Reconstructive Joint Surgery*

## **Elizabeth J. Milne, MHS, PA-C**

*Physician Assistant – Certified  
Orthopedics and Pain Management*

## **Associate Physicians:**

### **Alicia Knee D.P.M.**

*Board Certified Podiatrist  
Foot and Ankle Reconstruction*

## **Post-op PT Protocol for Arthroscopic Meniscal Repair:**

### **Stage One: Non-weight bearing phase**

- Knee is placed in a post-op brace for 6 weeks with motion allowed from 0-90 degrees.
- Pt. is non-weight bearing on operative leg for 6 weeks.
- Brace can be removed for active and passive ROM, with motion limited to 90 degrees of flexion.
- Emphasis of PT treatment in early phase is gait training, pain and edema reduction.

### **Stage Two: Weight Bearing Phase**

- Brace is Removed and progressive ROM begun past 90 degrees of flexion.
- Partial weight bearing allowed, advance to full weight bearing as tolerated.
- Can begin light strengthening and progress as tolerated.
- Emphasis of PT treatment is on progression of ROM, gait training and strengthening.
- If note any mechanical symptoms (locking) once full weight bearing and ROM allowed, go back to NWB and have pt. follow-up with Dr. Nissen.