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Patient Name:

Date:

Date of Surgery:

**Knee Arthroscopy Rehabilitation:
MEDIAL / LATERAL Meniscus Repair**

- Bledsoe brace, PWB in full extension for first 4 weeks
- Crutches as needed
- Unlock brace at 4 weeks and return to normal gait
- Discard brace at 6 weeks
- Range of motion:
 - Week 0-2: 0-70
 - Week 3-4: 0-90
 - Week 5: full R.O.M.
- Begin isometric quad sets in full extension immediately:
 - -straight leg raising with knee in full extension
 - -quad setting
- Begin exercise bike and closed kinetic chain exercises at 2-4 weeks
- Return to running at 3-4 months
- Return to full sports 4-5 months

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD