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Rehabilitation Protocol: Arthroscopic Meniscus Repair

Date:
Date of Surgery:
h brace locked in extension (Weeks 0-4) h brace unlocked (Weeks 5-6)
leeping – remove for hygiene and PT
1 0 70
to flexion angles greater than 90°
raises, co-contractions
knee flexion angle less than 90°
achieved full extension with no extension lag
strengthening
t pattern
ning
weeks post-op
weeks
Date: