



Meniscal Repair Rehabilitation Protocol

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Diagnosis: Right / Left Knee Meniscal Repair _____

Date of Surgery: _____

Weeks 0-2 (Phase I):

- Toe-touch weight bearing (TTWB) initially, slowly progress up to 50% WB with crutches
- Brace locked in extension for sleeping (for first 2 weeks) and when ambulating with crutches
- Non-weightbearing active and passive ROM in brace from 0-90 degrees.

Weeks 2-4 (Phase II):

- 50% partial weight bearing in brace locked in extension with crutches, progress weight as tolerated with therapist.
- Non-weight bearing Active/Passive ROM as tolerated (Goal 60-90 degrees flexion and full extension at 2 Weeks, 120 degrees flexion at 4 weeks)
- Quad sets, SLR, Co-contractions, isometric adduction/abduction, ankle strengthening, patellar mobilization
- Modalities prn (ie. electrical stimulation, ultrasound, etc) per discretion of therapist.
- Heat before therapy sessions, Ice after sessions.

Weeks 4-8 (Phase III):

- Weight bearing as tolerated w/brace locked in extension until adequate quad control
- Progress to ambulation in an unlocked brace with a stop at 90 degrees (NO weight bearing with knee flexion past 90 degrees)
- May wean from crutches when gait is normalized (approximately 4 to 6 weeks)
- Progress non-weight bearing Active/Passive ROM to full
- Continue with above therapeutic exercises, add partial wall sits (no greater than 90 degrees)
- Begin Terminal Knee Extensions
- Discontinue brace between 6 and 8 weeks per therapist discretion
- Avoid tibial rotation/knee twisting until 6 weeks post op
- Continue modalities prn as indicated above.
- Heat before therapy sessions, ice after sessions.

Weeks 8-12 (Phase IV):

- Full ROM, Full Weight bearing without brace
- Begin closed chain work (mini-squats/weight shifts, leg press 0-90 degree arc), lunges from 0-90 degrees, Proprioception training, begin stationary bike, hamstring exercises
- Continue modalities prn as indicated above, continue heat before, ice after therapy sessions

Months 3-4 (Phase V):

- Progress strengthening exercises, Single leg strengthening, Plyometrics
- Begin jogging and progress to running
- Sport specific exercise
- Return to sport to be decided by Dr. Schaefer