



Meniscus Repair Protocol

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	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-1 weeks	Non-weight bearing with brace and crutches. Brace locked in full extension.	Locked in full extension for sleep and all activity. Off for hygiene	0-90° if nonweight-bearing. Work towards full knee extension.	Heel slides, patellar mobs. NWB while working on ROM. Prone hangs-focus on full extension. Isometric/therapist assisted eccentric Quads/NMES. May do BFRT. Avoid hamstrings strengthening.
Phase II *2-6 weeks for unstable tear (root/radial) *2-4 weeks for stable/peripheral tear patterns	Progress to Full Weightbearing with brace locked in full extension.	Unlocked 0-90° for ROM while non-weight bearing. Off at night.	0-90°	Heel raises and terminal knee extensions. Remain NWB during ROM. Avoid hamstring strengthening. Start concentric quads once there is no extensor lag. NMES.
Phase III 7wks-12wks	Full	None	Full ROM	Closed chain activities, balance exercises, hamstring strength, stationary bike, hip/glute/core and pool. Lunges/leg press 0-90°.
Phase IV 3-4 months	Full	None	Full ROM	Advance previous exercises and functional activities. Single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike.
Phase V 4-6 months	Full	None	Full ROM	Advance to sport specific drills and running/jumping.

*Caution with complex, radial, or root repairs versus standard peripheral repairs.