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MENISCUS REPAIR REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

IMPORTANT ITEMS:

- 1 Brace to be worn at all times **LOCKED IN EXTENSION** [including when sleeping] until 1st post-op visit [10-14 days]; Can be removed for hygiene and exercises
- 2 **WB Status:** Nonweightbearing for **6 WEEKS POST-OP**
- 3 Brace can be removed for **SLEEPING ONLY** after 1st post-op visit.
- 4 **AVOID** any tibial rotation for **8 WEEKS POST-OP**

PHASE I PRECAUTIONS

- Nonweightbearing, brace locked in extension
- NO** weightbearing with flexion > 90°

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
Begin passive, active-assisted, and active ROM [limit 90°]	Quad sets Patellar mobilizations
Initiate heel slides [limit 90°]	SLR and SAQ exercises

GOALS TO PROGRESS TO PHASE II

- Pain and inflammation controlled
- Ensure wound healing
- Knee flexion < 90°, maintain full extension

PHASE II PRECAUTIONS

- Nonweightbearing until **6 WEEKS POST-OP**, brace unlocked 0°-90°
- Begin **TOE-TOUCH WEIGHTBEARING** at **6 WEEKS POST-OP**, brace unlocked 0°-90°
- Discontinue brace at night
- NO** weightbearing with flexion > 90°

PHASE II [2-6 WEEKS]	
ROM	STRENGTH
Progress phase I ROM [increase 10° per week]	Progress phase I exercises
Begin prone hangs to promote knee extension	Begin heel raises
Begin terminal knee extension exercises	Initiate closed-chain exercises [total gym]

GOALS TO PROGRESS TO PHASE III

- Able to perform active SLR without extension lag

- Full knee ROM
- Discontinue postoperative knee brace at **6 WEEKS POST-OP**
- Normalize gait

PHASE III [6-12 WEEKS]	
ROM	STRENGTH
Maximize ROM	Progress phase II exercises
	Advance closed-chain strengthening
	Begin hamstring curls, lunges
Begin stationary bike as tolerated	Begin leg press [limit 90°]
	Begin balance/proprioception activities
	Core/hip/glute strengthening

GOALS TO PROGRESS TO PHASE IV

- FULL**, pain-free ROM
- Normal gait

PHASE IV [12-16 WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Progress to single leg wall slides and leg press
	Advance closed-chain strengthening
	Progress balance/proprioception activities
	Begin Stairmaster and elliptical trainer
	Initiate running progression [straight-ahead only]

GOALS TO PROGRESS TO PHASE V

- NO** quadriceps atrophy
- Progress strength and balance
- Improve endurance

PHASE V [16-24 WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Begin jumping progression
	Advance running progression at 20 WEEKS POST-OP [sprinting, backwards running, cutting/pivoting/changing direction]
	Initiate plyometric program* and sport-specific drills

***PLYOMETRIC TRAINING PROGRAM RECOMMENDATIONS**

12-16 WEEKS	Double-leg hops [advance to 30 reps]
16-20 WEEKS	Add alternating single-leg hop [advance to 15 reps each foot]
	Add double-leg hops [forward, side-to-side, back] advancing to 10 reps each; distance 6" to 12"
20-24 WEEKS	Add single-leg hop [advance to 10 reps]
	Increase distance of double-leg forward hop as tolerated
	Add triple hop
	<i>If appropriate for desired sport or activities</i>

> 24 WEEKS

Add double-leg rotational hops [90° turn midair, advance to 5 reps]

Progress double-leg rotational hops [180° turn midair, advance to 5 reps]

***RUNNING AND AGILITY DRILL PROGRESSION RECOMMENDATIONS**

***May jog on any surface as tolerated, gradually increasing distance and speed*

Non-linear running [zig-zag, backwards, carioca each side for 50 yards each]

Start with "walk-through" at <1% max effort

Increase 10% effort each session as tolerated

Agility drills begin once non-linear running mastered [shuttle run, box drill, weaves]

Start with "walk-through" at <1% max effort

Increase 10% effort each session as tolerated

Sport specific training/practice once agility drills mastered

Start with "walk-through" at <1% max effort

Increase 10% effort each session as tolerated