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REHABILITATION PROTOCOL: MENISCUS REPAIR

I. Immediate Post-Op – Protective Phase

- A. ☐ Bledsoe brace locked at 0° - Dependent on repair type – only if checked
- B. Cryocuff incorporated in brace with TED stocking
- C. Quad sets, SLR at 0°
- D. Proprioception: Weight shifting
- E. Conditioning: Upper Body Ergometer
- F. **Meniscal Repair Precautions:**
 - 1. **Weight Bearing** _____ for 4-6 weeks – Dependent on tear type
 - 2. **Limit flexion to 90°** for first 4 weeks

II. Days 3-4 to 3 weeks – Protective Phase

- A. CPM for home use (2 hour sessions, 3 x per day- slow speed for 2 weeks) Start at 0-45 degrees. Progressive increase in increments of flexion. Increase 5-10° increments per day up to 90°
 - 1. Goal: 0-90 of flexion (emphasis on full extension)
- B. Use TED stocking until follow up appointment (10-14 days)
- C. Continue cryocuff as needed
- D. Quad Sets, four way straight leg raises
- E. Proprioception: Weight shifting
- F. Conditioning: UBE

III. Weeks 3-4 – Motion Phase

- G. ☐ Bledsoe brace locked at 0° - Dependent on repair type – only if checked
- A. PASSIVE knee flexion to 90
- B. Quad Sets, four way straight leg raises
- C. Proprioception: Weight shifting
- D. Conditioning: UBE
- E. Peri-patellar soft tissue mobilization

IV. Weeks 5-6 - Strengthening Phase

- A. Wean out of brace if brace needed
- B. Progress to full weight bearing with physician clearance
- C. Progress to 120 degrees of PASSIVE knee flexion
- D. Strengthening: closed chain ¼ squats, steps downs
- E. Conditioning: Stationary Biking short duration (<15 min); UBE
- F. Patellar and joint soft tissue mobilization



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- V. **Weeks 7-8 – Advanced Strengthening Phase**
 - A. Closed-chain quad strengthening with increasing resistance
 - B. Multi-plane single leg
 - C. Hamstrings
 - D. Proprioception: Weight shifting, balance (progress to single leg)
 - E. Conditioning: Stationary Biking, UBE
- VI. **Week 9 – 4 months – Conditioning Phase**
 - A. Progressive Strengthening: closed chain, multi-plane single leg, hamstring
 - B. Proprioception: Weight shifting, single leg balance
 - C. Conditioning: Stationary Biking, UBE, Elliptical, Ski Machine
- VII. **Month 4 - 5 – Functional Phase**
 - A. Straight ahead running
- VIII. **Month 5 – 6 – Return to Sport**
 - A. Cutting and sport specific activity