

Meniscus repair protocol

Phase 1

WB status – NWB x 3weeks

WBAT after 3 weeks

ROM goals

0-3 wks: ROM 0 – 90 degrees only, no weight bearing at flexion angles of 90° or more

3-6 wks: ROM NOT PAST 120 DEGREES, quad sets SLR, SAQ, co-contractions isometric ab/adduction, patellar mobilization, ankle strength, 4 way hip exercise

Weeks 3-8 Exercises

Eliminate swelling, equal hamstring strength

Patellar mobility

Creative closed kinetic chain exercise

Phase 2

7 weeks- 12 weeks

FWB without crutches

No Transverse plane activities for 8 weeks

Full active ROM

Progress closed-chain exercise begin hamstring work, lunges 0-90°, proprioception exercises, leg press 0-90°, begin stationary bike

Weeks 8-12 Begin Full Strength, Endurance, sport specific drills

Phase 3

12 weeks- 16 weeks Return to sports

Full with normal gait pattern

No restrictions

NOTE: Patients should avoid tibial rotation for 4-6 weeks

