

## MENISCUS REPAIR REHAB PROTOCOL

	<b>WEIGHT</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> <b>0-2 weeks</b>	Toe touch weight bearing with crutches*	Locked in full extension for sleeping and all activity  Off for exercises and hygiene	0-90° when NWB*  STRESS FULL EXTENSION	Heel slides, quad sets, patellar mobs, SLR, SAQ**  No weight bearing with flexion >90°
<b>PHASE II</b> <b>2-6 weeks</b>	2-6 weeks: progress to full WB with brace locked in extension and crutches*	2-6 weeks: Unlocked 0-90° for sedentary activity, locked to ambulate  Off at night  6-8 weeks: Unlock brace and wean out of and off crutches	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions**  Activities w/ brace until 6 weeks; then w/o brace as tolerated  No weight bearing with flexion >90°
<b>PHASE III</b> <b>6-12 weeks</b>	Full	None	Full	No weight bearing with flexion >90°  Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike
<b>PHASE IV</b> <b>12-20 weeks</b>	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike  Swimming okay at 14 wks (flutter kick)  Jog to run progression at 4 months
<b>PHASE V</b> <b>&gt; 20 weeks</b>	Full	None	Full	Progress agility and plyometrics  Advance to sport-specific drills and jumping once cleared by MD

\*Weight bearing status and motion may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status

\*\*Avoid any tibial rotation for 8 weeks to protect meniscus