

Meniscus Repair Rehabilitation Protocol

General

- Begin passive range of motion (PROM) immediately after surgery unless instructed otherwise
- Full extension is emphasized at each visit and for daily exercises
- Max range of motion (ROM) is 90 degrees for first four weeks
- Weight bearing status: Touch down for two weeks, then 50 percent weeks three and four
- Brace: Locked in full extension for ambulation for four weeks
- May unlock to 90 degrees for sitting

Weeks 1 to 2

- Wall slides/heel slides (limit to 90 degrees)
- Prone hangs
- Patellar mobilizations
- Ankle pumps and gastroc/soleus stretches
- Quad sets with straight leg raises (use brace with straight leg raises until no extensor lag)

Weeks 3 to 6

- Goal is ROM of full extension and 90 flexion by week six
- Stationary bike for ROM only (minimal resistance)
- Week four begin "body weight" strengthening through exercise; no open chain exercises
- Partial bending knee squats, wall sits

Weeks 7 to 8

- Bike with both legs
- Terminal 1/3 knee bends
- Treadmill seven percent walk
- Week eight double knee bends
- Single knee bends
- Single (operative) leg balance/proprioception work (ball toss, mini-tramp)
- Stationary bike progressive time and resistance

Month 3

- Forward and backward jogging with supervision
- Agility exercises: Begin with straight line and then progress to cutting
- Leg press to 90 degrees with weights
- Leg curls with no hyperextension

Month 4

- Progress to plyometrics and sport specific