
Meniscal Repair Rehab Protocol

General	Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise <ul style="list-style-type: none">• Full extension is emphasized at each visit and for daily exercises• Max 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
Week 1	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 SLR until no extensor lag)
Week 2	Same as week one Toe raises/heel raises
Week 3	Goal is ROM of full extension and 90 flexion by week six Same as week two Stationary bike for ROM only (minimal resistance)
Week 4	Begin "body weight" strengthening through exercise; no open chain exercises <ul style="list-style-type: none">• Partial bending knee squats, wall sits
Week 6	Same as week two Bike with both legs Terminal 1/3 knee bends Treadmill seven percent walk
Week 8	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