

### **Meniscus Repair Protocol**

#### **Phase 1 Weeks 0-2:**

- Weight bearing as tolerated with brace locked in extension
- Locked in full extension for sleeping and all activity. Off for exercises and hygiene
- Range of motion 0-90° when non weight bearing
- Exercises: Heel slides, quad sets, patellar mobs, SLR, SAQ
- No weight bearing with flexion >90°
- Avoid any tibial rotation for 8 weeks to protect meniscus

#### **Phase 2 Weeks 2-6:**

- Weight bearing
  - o Weeks 2-4: Full in brace unlocked 0-90
  - o Weeks 4-6: Full without brace
- Brace
  - o Weeks 2-6: Unlocked 0-90 degrees. Off at night.
  - o Week 6: Discontinue brace
- Range of motion as tolerated
- Exercise
  - o Addition of heel raises, total gym (closed chain), terminal knee extensions
  - o Activities w/ brace until 6 weeks; then w/o brace as tolerated
  - o No weight bearing with flexion >90°

#### **Phase 3 Weeks 6-12:**

- Exercises:
  - o Progress closed chain activities
  - o Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
  - o Begin stationary bike when able

#### **Phase 4 Weeks 12-20:**

- Exercises
  - o Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
  - o Swimming okay at 12 wks
  - o Advance to sport-specific drills and running/jumping after 16 wks once cleared by MD