

MENISCAL REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	Non-weight bearing with crutches	Locked in full extension Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, heel prop towel No weight bearing with flexion >90°
PHASE II 4-6 weeks	4-6 weeks: 50% WB with crutches	2-6 weeks: Off at night Discontinue brace at 6 weeks	2-4 weeks: 0-90° 4-6 weeks: 0-120	Addition of heel raises, closed chain, terminal knee extensions** Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 6- 12 weeks	Advance Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press, proprioception exercises, balance/core/hip/glutes Begin stationary bike
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Jogging at 16 wks
PHASE V > 20 weeks	Full	None	Full	Advance to sport-specific drills and running/jumping once cleared by MD

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