

MENISCAL REPAIR, ACCELERATED REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full in Brace locked in extension***	Locked in full extension for sleeping and all activity* Off for hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°
PHASE II 2-6 weeks	2-4 weeks: Full in Brace unlocked 0-90° Wean Crutches 4-6 weeks: Full w/o brace	2-4 weeks: Unlocked 0-90° Off at night Discontinue brace at 4 weeks	2-4 weeks: Unlocked 0-90° 4-6 weeks: Full	Addition of heel raises, closed chain quad, terminal knee extensions** Activities w/ brace until 4 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 6-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Jogging at 16 weeks Jumping and agility at 20 weeks

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