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MENISCUS REPAIR

REHABILITATION PROTOCOL

Post-Operative Physical Therapy Protocol

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I Days 1-10 Maximum Protection Phase	Full WB	Locked in full extension for ambulation and sleeping	Gradually increase passive 0-90°	Ice, compress, elevate Stretch hamstring/calf, patellar mobilization, straight leg raises, quad sets, hip abduction/adduction, knee extension 60-0° **Avoid active deep knee flexion**
PHASE I 2-4 weeks Maximum Protection Phase	Discontinue crutches when safe and proper gait (week 3-4)	Locked in full extension for ambulation	Passive ROM Goals: **Week 2-4:** 0-90°	Ice/compression as needed Multi-angle quad isometrics, straight leg raises (4 planes), knee extension 90-0°, CKC mini-squats 0-45°, CKC wall squats, CKC weight shifts (diagonal) Balance training (cone step-overs) Bicycle (once ROM appropriate)
PHASE II 5-8 weeks Moderate Protection Phase	Full, without use of crutches and with a normalized gait pattern	Discontinue use at weeks 4-5	Maintain 0-135°	**Strength:** Leg press 70-0°, knee extension 90-40°, hip abduction/adduction, wall squats 0-70°, vertical squats 0-60°, lateral step-ups **Balance:** squats rocker board, cone step-overs, bicycle, pool therapy **Avoid twisting, pivoting, running and deep squatting**

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PHASE III 9 weeks – 4 months	Full	None	Maintain full and pain-free	**Week 9:** Continue all strengthening exercises above; begin light resisted hamstring curls, stair stepper, toe calf raises Progress balance training, isotonic strengthening program **Week 12:** initiate pool running if avail.
PHASE IV 4-6 months	Full	None	Full and pain-free	Continue and progress all strengthening exercises and stretching drills **4 months:** deep squatting permitted, initiate straight line running **5 months:** initiate pivoting, cutting, agility training Gradually return to sports