

Postoperative Rehabilitation Protocol for Meniscus Repair

**Physical Therapy should be started within a few days after surgery*

Postoperative weeks 0-6

- Precautions / Restrictions
 - Brace to be worn and set at 0-90 degrees for 6 weeks
 - Brace to remain unlocked at all times following resolve of nerve block
 - Brace may be removed for hygiene and therapy
 - Flat foot (25%) weight bearing 0-6 weeks.
- Range of Motion
 - Ensure full extension is achieved
 - Active and Passive ROM 0-90 during weeks 0-2
 - May progress ROM as tolerated after week 2. No forced flexion
 - **No weight bearing with knee flexion >90 degrees**
- Strengthening
 - Restore quadriceps recruitment
- Modalities PRN

Postoperative weeks 6 - 12

- Precautions / Restrictions
 - Progress to WBAT
 - Patients may require ambulating with 1 crutch while working on restoring normal gait
 - Patient can ambulate without assistive devices once quadriceps recruitment and normal gait is restored
- Range of Motion
 - Restore full active ROM
- Strengthening
 - Progress strengthening exercises
 - Progress closed chain exercises
 - Suggested exercises:
 - Stationary bike, Stairmaster, or Elliptical
 - Lunges (between 0-90 degrees)
 - Leg Press (between 0-90 degrees)
 - Wall sits to 90 degrees
 - Closed chain terminal knee extension
 - Proprioceptive training
- Modalities PRN

Postoperative weeks 12+

- Full weight-bearing without crutches
- Maintain full ROM
- Strengthening
 - Begin treadmill: jogging and progress to running (wall-run progression)

- Single leg strengthening
- Open chain and eccentrics
- Progress to activity-specific strengthening exercises
- Include plyometric/jumping exercises
- Begin cutting and agility exercises