Arthroscopic Meniscal Repair
Rehabilitation Protocol

I  GOALS
   1) Manage inflammation (Ice, NSAIDs, etc.)
   2) Controlled gains in range-of-motion
   3) Early maintenance of strength
   4) Immediate weight bearing in full extension
   5) Brace - Extension Lock Brace (ELS)

II  0 - 1 WEEK
   • ROMs 0° - 90° non-weightbearing, patellar glides
   • Weight bearing WBAT in full extension (brace locked)
   • Strength Controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
   • Brace Locked in extension

III 1 - 4 WEEKS
   • ROMs Achieve 0° - 90°, patellar slides
   • Weight bearing WBAT (brace locked)
   • Strength Continue 0-1 week exercises
   • Brace Locked in extension

IV 4 - 6 WEEKS
   • ROMs Advance to normal ROMs, no flexion loading beyond 90° knee flexion
   • Strength Quads - mini squats, closed chain exercises
   Hamstrings - start hamstring curls. Hip extension and flexion, And calf exercises
   • Weight bearing Begin normal gait training, initially unlock brace and then wean from brace over the next 2 weeks

V 6 WEEKS
   • ROMs: Achieve normal ROMs
   • Strength Continue 4-6 weeks protocol
   • Weight bearing WBAT (without brace)

***No flexion loads beyond 90° flexion x 6 months minimum (stresses the repair)***

VI > 6 WEEKS Home Program
VII 4 MONTHS Resume athletic activities
VIII 6 MONTHS Allow hyperflexion and squatting at this time