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## Arthroscopic Meniscal Repair Rehabilitation Protocol

### I GOALS

- 1) Manage inflammation (Iceman, 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