
Meniscal Repair Rehab Protocol

General

Begin passive range of motion (ROM) immediately after surgery unless instructed otherwise

- Full extension is emphasized at each visit and for daily exercises
- Max ROM is 90 degrees for first four weeks

Weight bearing status: Touch down for two weeks, then 50 percent weeks three and four

Brace: Locked in full extension for ambulation for four weeks

May unlock to 90 degrees for sitting

Week 1

Wall slides/heel slides (limit to 90 degrees)

Prone hangs

Patellar mobilizations

Ankle pumps and gastroc/soleus stretches

Quad sets with straight leg raises (use brace with SLR until no extensor lag)

Week 2

Same as week one

Toe raises/heel raises

Week 3

Goal is ROM of full extension and 90 flexion by week six

Same as week two

Stationary bike for ROM only (minimal resistance)

Week 4

Begin "body weight" strengthening through exercise; no open chain exercises

- Partial bending knee squats, wall sits

Week 6

Same as week two

Bike with both legs

Terminal 1/3 knee bends

Treadmill seven percent walk

Week 8

Double knee bends

Single knee bends

Single (operative) leg balance/proprioception work (ball toss, mini-tramp)

Stationary bike progressive time and resistance

Month 3

Forward and backward jogging with supervision

Agility exercises: Begin with straight line and then progress to cutting

Leg press to 90 degrees with weights

Leg curls with no hyperextension

Month 4

Progress to plyometrics and sport specific