

**ARTHROSCOPIC MENISCUS REPAIR
REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
Phase 1				
0-6 weeks	0-6 wks: weight bearing as tolerated with crutches unless otherwise directed 6-8 wks: wean from crutches	0-2 wks: locked in extension (remove for hygiene/exercise) 2-4 wks: unlocked (remove for exercise/hygiene/sleep) discontinue between 4-6 wks	0-4 wks: Full ROM w no weight bearing at flexion angles of 90° or more 4-8 wks: Full ROM w PROM as tolerated with flexion angles of 90° or more	0-4 wks: heel slides, quad sets SLR, SAQ, co-contractions isometric ab/adduction, patellar mobilization, ankle strength 4-8 wks: partial wall sits, no greater than 90°, TKE
Phase 2				
8 weeks-12 weeks	FWB without crutches	None	Full active ROM	Progress closed-chain exercise begin hamstring work, lunges 0-90°, proprioception exercises, leg press 0-90°, begin stationary bike
Phase 3				
12 weeks-16 weeks	Full with normal gait pattern	None	Full	Progress phase 2 exercises focus on single leg strength running, jogging, plyometrics, sport specific drills

NOTE: Patients should avoid tibial rotation for 4-6 weeks