

PHYSICAL THERAPY PROTOCOL: Meniscal Repair

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-2 Weeks Post-Op

Weight bearing:

- Partial weight bearing with crutches, DO NOT WEIGHT BEAR WITH >90 DEGREES FLEXION

Brace:

- Locked in full extension at all times unless showering and exercises

Range of motion:

- 0 to 90 degrees while non weight bearing, DO NOT WEIGHT BEAR WITH >90 DEGREES FLEXION

Exercises:

- Heel slides, quad sets, patellar mobility, straight leg raise, SAQ

Phase 2 → 2-8 Weeks Post-Op

Weight bearing

- 2-4 weeks 50% weight bearing with crutches,
- 4-8 weeks progress to full weight bearing, DO NOT WEIGHT BEAR WITH >90 DEGREES FLEXION

Range of motion/Brace:

- 2-6 weeks unlocked 0-90 degrees, DO NOT WEIGHT BEAR WITH >90 DEGREES FLEXION
- d/c brace at 6 weeks
- ROM as tolerated

Exercises:

- Heel raises, total gym (closed chain), terminal knee extension (avoid tibial rotation to protect repair), DO NOT WEIGHT BEAR WITH >90 DEGREES FLEXION
- Use brace until 6 weeks, then without brace as tolerated

Phase 3 → 8-12 Weeks Post-Op

- Full weight bearing, full ROM, no brace

Exercises:

- Progress closed chain activities, begin hamstring exercises, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes
- Begin stationary bike

Phase 4 → 12 Weeks-4 Months Post-Op

Exercises:

- Advance Phase III exercises and functional activities; single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
- Swimming okay at 16 weeks

Phase 5 → 4 Months Post-Op

Exercises:

- Advance functional and sport specific drills when cleared by Dr Makhni