

**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