

## ARTHROSCOPIC MENISCUS REPAIR

### REHABILITATION PROTOCOL

|                             | <u>WEIGHT BEARING</u>  | <u>BRACE</u>   | <u>RANGE OF MOTION</u>      | <u>THERAPEUTIC EXERCISE</u>  |
|-----------------------------|--|--|-----------------------------|--|
| PHASE I<br>(0-4 WEEKS)      | Partial weight bearing as tolerated with crutches.<br><br>Discontinue crutches at 4 wks. | 0-2 wks: 0-45°<br><br>2-4 wks: 0-90° (remove for exercise/hygiene/sleep)<br><br>Discontinue at 4 weeks | 0-4 wks: 0-90°              | Heel slides, quad sets SLR, isometric ad/abduction, patellar mobilization, ankle strength.                             |
| PHASE II<br>(4-12 WEEKS)    | Full weight bearing  | Discontinue  | Full active range of motion | Progress closed-chain exercise begin hamstring work, proprioception exercises, leg press 0-90°, begin stationary bike. |
| PHASE III<br>(12- 16 WEEKS) | Full with normal gait pattern.   | Discontinue  | Full active range of motion | Progress phase 2 exercises focus on single leg strength running, jogging, plyometrics, sport specific drills.          |