

**ARTHROSCOPIC MENISCUS REPAIR  
REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>Phase 1</b>				
<b>0-6 weeks</b>	0-6 wks: weight bearing as tolerated with crutches unless otherwise directed	0-2 wks: locked in extension (remove for hygiene/exercise)  2-4 wks: unlocked (remove for exercise/hygiene/sleep)	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
	6-8 wks: wean from crutches	discontinue between 4-6 wks		
<b>Phase 2</b>				
<b>8 weeks-12 weeks</b>	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
<b>Phase 3</b>				
<b>12 weeks-16 weeks</b>	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**