

Rehabilitation Protocol: Arthroscopic Meniscus Repair

Phase I (Weeks 0-6)

- **Weightbearing:** As tolerated with crutches
- **Hinged Knee Brace:** worn for 6 weeks post-op
 - Locked in full extension for ambulation and sleeping – remove for hygiene and PT
- **Range of Motion** – AAROM → AROM as tolerated
 - **Weeks 0-4:** ROM to 90°– No weightbearing at flexion angles greater than 0°
 - **Weeks 4-6:** Full ROM as tolerated – No weightbearing at flexion angles greater than 45°
- **Therapeutic Exercises**
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations

Phase II (Weeks 6-12)

- **Weightbearing:** As tolerated -- discontinue crutch use at 6 weeks
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Full active ROM
- **Therapeutic Exercises**
 - Closed chain extension exercises, Hamstring strengthening
 - At **6 Weeks:** can begin partial wall-sits – keep knee flexion angle less than 90°
 - Lunges – 0-90°, Leg press – 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle

Phase III (Weeks 12-16)

- **Weightbearing:** Full weightbearing with normal gait pattern
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging/running
 - Plyometrics and sport-specific drills

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance
- No deep squats for 6 months
- No sports for 6 months if passes strength testing

Comments: Patients should avoid tibial rotation for 4-6 weeks post-op