

# Meniscus Repair Protocol

	<b>Phase I: weeks 0-4</b>	<b>Phase II: 5-8 weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT with brace locked in full extension</li> <li>• Discontinue crutches as tolerated</li> <li>• Brace locked in full extension while ambulating and sleeping but may be unlocked while sitting</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT in brace unlocked 0-90° when minimal edema, no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation</li> <li>• Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary bike (low resistance)</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• AROM and PROM 0-90°</li> <li>• Emphasis on full-extension</li> <li>• Heel Slides 0-90°</li> <li>• Isometric quad sets</li> <li>• Patellar mobilization</li> <li>• Straight-leg raises (with brace until able to do SLR without extension lag)</li> <li>• Ankle pumps</li> </ul>	<ul style="list-style-type: none"> <li>• Continue exercises from Phase I</li> <li>• Unrestricted AROM and PROM, however no bearing weight past 90° flexion</li> <li>• Initiate step-up program</li> <li>• Weight shifts</li> <li>• Mini-squats</li> <li>• Closed-chain knee extension</li> <li>• Heel raises</li> <li>• Hip and core exercises</li> <li>• Proprioceptive training</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce swelling and improve muscle recruitment</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protection of tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Regain quadriceps/VMO strength</li> <li>• Regain full ROM</li> <li>• Proprioception and balance</li> </ul>

	<b>Phase III: weeks 9-12</b>	<b>Phase IV: 13-20 weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Progress to WBAT with unrestricted ROM</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• Stationary bike</li> <li>• Elliptical machine</li> </ul>	<ul style="list-style-type: none"> <li>• Begin walk-jog-run progression</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue exercises from Phase II</li> <li>• Unrestricted ROM</li> <li>• Progressive squat program</li> <li>• Initiate step-down program</li> <li>• Leg press progression (body weight, two legs, single-leg, single-leg eccentric)</li> <li>• Lunges (initially body weight only)</li> </ul>	<ul style="list-style-type: none"> <li>• Continue exercises from Phase III</li> <li>• Begin single-leg exercises</li> <li>• Begin sport-specific exercises as progress allows</li> <li>• Aquatic therapy permitted (flutter kicks only, no whip kicks)</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Improve strength</li> <li>• Improve proprioception and balance</li> </ul>	<ul style="list-style-type: none"> <li>• Improve aerobic fitness</li> <li>• Work toward passing Leg Press Test and Single Hop Test</li> </ul>

	<b>Phase V: 20-36 weeks</b>	
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT with unrestricted ROM</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• Continue walk-jog-run progression</li> </ul>	
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue exercises from Phase IV</li> <li>• Begin plyometrics and agility exercises after passing Leg Press Test and Single Hop Test</li> <li>• Begin sport-specific exercises as progress allows</li> </ul>	
Other	<ul style="list-style-type: none"> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Work toward passing Leg Press Test and Single Hop Test</li> <li>• Return to sport-specific activities</li> </ul>	