

Post-operative Rehabilitation Protocol

Meniscus Repair (Advanced)

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 3-5 days after surgery - You will be non-weight bearing with crutches for 2-6 weeks depending on the type of repair performed. - Rest, ice, compression, elevation recommended for first 48 hours - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 6</i>	Restore full knee extension immediately following surgery, minimize swelling, activate quad <i>Ice:</i> 20 minutes on, 20 minutes off every hour	0-2 wks: Locked in extension full time 2-6 wks: Brace unlocked	<u>Weight bearing:</u> 0-2 weeks: Toe touch weight bearing 2-4 weeks: 50% weight, brace unlocked 4-6 weeks: Progress to full WB w/ crutches <u>Exercises:</u> straight leg raises with brace locked in extension, quad sets, patellar mobilizations, heel slides
Phase 2 – Early loading <i>Weeks 6 - 12</i>	Goal to achieve full, pain-free ROM. *Maintain extension*	Discontinue at 6 weeks when quad strength adequate	<u>Exercises:</u> Continue phase 1. Once normalized gait → begin balance exercises, lunges 0-90°, leg press 0-90°, wall sits to 90° Stationary bike
Phase 3 - Strength <i>Weeks 12-16</i>	Full, pain-free ROM	None	<u>Exercises:</u> Progress phase 2. Single leg strengthening, elliptical Straight line jogging okay at 12 weeks if no pain or swelling
Phase 4 – Jog to Run <i>Weeks 16+</i> <i>Return to sport</i>	Full, pain-free ROM	None	Gradual return to sports activity 16 weeks: jumping 20 weeks: Sprinting, backward running, cutting/pivoting/changing direction Consider functional sports assessment