

Standard Meniscus Repair Rehabilitation Protocol

Individual patient circumstances may affect the protocol (tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0 – 4	 Protect surgical site Active ROM: 0-90 degree Reduce muscle atrophy Reduce swelling Decrease pain and inflammation 	 ROM: 0-90 degrees PWB with the knee in full extension using crutches Immobilizer must be on at all times when walking 	 PRICE Cryotherapy: 5-7 times per day Compression with TubiGrip/TEDS ROM (limited to 0-90 deg): Heel slides Prone knee hangs/Supine knee extension with towel under ankle Patella mobilizations Quadriceps recruitment Global LE isometric/proximal hip strengthening Gait training with crutches Initial Visit: FOTO, LEFS
Weeks 4 – 8	 Discontinue knee immobilizer Full ROM Reduce atrophy/progress strengthening Reduce swelling Normalize gait SLR without extensor lag 	 Progress to WBAT (wean crutches) No loading at knee flexion angles >90 degrees (16 weeks) No jogging or sport activity Avoid painful activities/exercises 	 ROM: as tolerated Gait training from WBAT to independent Core stabilization exercises Neuromuscular re-education Global LE strengthening Limit deep knee flexion angles >90 degrees Begin functional strengthening exercises (bridge, mini-squat, step up, etc) Double limb and single limb balance/proprioception Aerobic training: Walking program when walking with normal gait mechanics Stationary bike Week 6: FOTO, LEFS
Weeks 8 – 16	 No effusion Full ROM Increase functional LE strength Return to activity as tolerated Initiate return to running program Initiate basic plyometrics 	 No loading at knee flexion angles >90 degrees (16 weeks) Avoid painful activities/exercises No running until week 12 and cleared by surgeon No jogging on painful or swollen knee No plyometric exercises until week 14 and cleared by surgeon 	 Aerobic training Begin non-impact aerobic training (elliptical / stairmaster) Increase loading capacity for lower extremity strengthening exercises Continue balance/proprioceptive training Week 12: begin return to running program Week 16: begin low level plyometric and agility training Week 12: FOTO, LEFS
Weeks 16+	 Full ROM Functional strengthening Return to sport/activity 	 Return to sport 4-8 months post-op with surgeon approval 	 Gradually increase lifting loads focusing on form, control, and tissue tolerance Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills Week 24: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics of their injury and procedure.

> 1050 MYDLAND ROAD, SHERIDAN, WY 82801 | 307-674-7469 SHERIDANORTHO.COM