



Arthritis & Orthopedic
Medical Clinic

Rehabilitation Protocol: Meniscus Repair

***Rehab will depend on type of Meniscus Repair**

Bucket-Handle/Peripheral/Vertical/Horizontal Meniscus Repair

• Phase I (Weeks 0-6)

- **Weightbearing:** As tolerated with crutches
- **Hinged Knee Brace:** Worn for 4 weeks post-op
 - Locked in full extension for ambulation and sleeping (Weeks 0-1)
 - Locked in full extension for ambulation but can remove while sleeping (Weeks 1-4)
- **Range of Motion** – AAROM AROM as tolerated
 - Weeks 0-4: Full ROM – No weightbearing at flexion angles greater than 90°
 - Weeks 4-6: Full ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises**
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations
 - At 4 Weeks: can begin partial wall-sits – keep knee flexion angle less than 90°

Radial or Meniscus Root Repair

• Phase I (Weeks 0-6)

- **Weight bearing:** Toe Touch Weight Bearing for 6 weeks
- **Hinged Knee Brace:** Worn for 6 weeks post-op
 - Locked in full extension for ambulation and sleeping (Weeks 0-1)
 - Locked in full extension for ambulation but can remove while sleeping (Weeks 1-6)
- **Range of Motion** – AAROM AROM as tolerated
 - Weeks 0-4: Full ROM – No weightbearing at flexion angles greater than 90°
 - Weeks 4-6: Full ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises**
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations
 - At 6 Weeks: can begin partial wall-sits – keep knee flexion angle less than 90°



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- Phase II (Weeks 6-12)
 - **Weight bearing:** 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
 - Lunges – 0-90°, Leg press – 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle
- Phase III (Weeks 12-16)
 - **Weight bearing:** Full weight bearing with normal gait pattern
 - **Range of Motion** – Full/Painless ROM
 - **No Deep Knee Bends for 4 months**
 - **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