

Arthroscopic Meniscal Repair
Rehabilitation Protocol
01/01/2009

I. GOALS

1. Manage inflammation (Iceman, NSAIDs, etc.)
2. Controlled gains in range- of – motion
3. Early maintenance of strength
4. Immediate weight bearing in full extension
5. Brace- Extension Lock Brace (ELS)

II. 0-1 WEEK

- ROMs 0°- 90° non- weight bearing, patellar glides
- Weight Bearing NWB*
- Strength Hip extension and flexion, calf raises

III. 1-4 WEEKS

- ROMs Achieve 0°-90°, patellar slides
- Weight Bearing NWB*
- Strength Continue 0-1 weeks exercises

IV. 4-6 WEEKS

- ROMs Advance to normal ROMs, no flexion loading beyond 90°
knee flexion
- Strength Quads- mini squats, closed chain exercise
Hamstrings- start hamstring curls. Hip extension and flexion, and calf exercise

V. 6 Weeks

- ROMs Achieve normal ROMs
- Strength Continue 4-6 weeks protocol
- Weight Bearing Begin normal gait training,
TWB 40°-50° 1st week 50°-70° 2nd week

No flexion loads beyond 90 flexion X6 months minimum (stresses the repair)

- VI. >6 WEEKS Home program
- VII 4 MONTHS Resume athletic activities
- VIII 6 MONTHS Allow hyper flexion and squatting at this time

WT bearing status may be determined by size of tear.
- Contact our office