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