



## Meniscal Repair Rehabilitation Protocol

**\*NO SLR, LAQ, or LEG EXTENSION MACHINE**

**\*If done in conjunction with ACL - Follow ACL protocols for ROM. TTWB for a month with the brace.**

	Weight Bearing	Brace	Range of Motion	Therapeutic Exercises
<b>Phase I</b> 0 - 4 weeks	NWB	Long leg immobilizer to be worn at all times (except hygiene)	No ROM	Quad/HS/glute sets, ankle pumps, 4-way ankle  Long sitting hamstring and calf stretching  Standing hip extension, abduction and adduction SLR
<b>Phase II</b> 4 - 8 weeks	<b>Week 4:</b> 25% WB <b>Week 5:</b> 50% WB <b>Week 6:</b> 75% <b>Week 7:</b> WBAT	Discontinue brace when patient can perform 10 SLR without extension lag  Fit for unloader brace	Progress to full AROM as pain allows	Stationary bike (no resistance), HS curls  Weight shifting and TKE (per WB restrictions)  Progress to closed chain exercise as WB allows  WBAT: step-ups, step-downs, standing kicks, progressive balance activities
<b>Phase III</b> 8 - 16 weeks	FWB	Unloader brace	Full, pain free ROM	Continue phase II exercises and progress closed chain strengthening  Resume running or sport related activities at 16 weeks