

Rehabilitation Protocol: Meniscal Repair

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☐ Phase I (0-2):

- Weight Bearing: As tolerated with crutches and brace locked in extension.
- Bracing:
 - Brace locked in full extension.
- Therapeutic Exercises: Heel slides, straight leg raises with leg in brace and in full extension until quad strength prevents extension lag, Quad/hamstring sets, gastroc/soleus stretch, patellar mobs.
 - No weight bearing with flexion > 90 degrees.
 - No tibial rotation for 8 weeks to protect repair.
- Range of motion: 0-90 when non weight bearing.

☐ Phase II (2-6):

- Weight Bearing:
 - 2-4 weeks: Full in brace unlocked from 0 to 90°.
 - 4-6 weeks: Full without brace
- Bracing: Unlocked 0-90°.
 - Do not wear at night.
- Range of motion: Full extension and progressive flexion.
- Therapeutic Exercises:
 - Begin toe raises, closed chain quads, balance exercises, hamstring curls, stationary bike, step-ups, front and side planks, hip/glute/core, pool.
 - No weight bearing > 90°.
 - Activities with brace until 6 weeks.

☐ Phase III(6-12):

- Weight Bearing:Full.
- Range of motion:Full and pain free.
- Therapeutic Exercises:
 - Advanced closed chain strengthening.
 - Proprioception activity progression.
 - Begin stationary bike when able.
 - Begin hamstring work, leg press and lunges 0-90°
 - Balance/core/hip/glutes

☐ Phase IV (12-20):

- Weight Bearing: Full
- Range of motion: Full
- Therapeutic Exercises:
 - 16 weeks – begin jumping.
 - 20 weeks – advance running to sprinting, backward running, pivoting and cutting, initiate plyometric program and sport specific drills.
 - 22 weeks – advance as tolerated.

Comments:

Frequency: ____ Days per week Duration:____ Weeks