

## Standard Meniscus Repair Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0 – 4	<ul style="list-style-type: none"> <li>Protect surgical site</li> <li>Active ROM: 0-90 degree</li> <li>Reduce muscle atrophy</li> <li>Reduce swelling</li> <li>Decrease pain and inflammation</li> </ul>	<ul style="list-style-type: none"> <li>ROM: 0-90 degrees</li> <li>PWB with the knee in full extension using crutches</li> <li>Immobilizer must be on at all times when walking</li> </ul>	<ul style="list-style-type: none"> <li>PRICE <ul style="list-style-type: none"> <li>Cryotherapy: 5-7 times per day</li> <li>Compression with TubiGrip/TEDS</li> </ul> </li> <li>ROM (limited to 0-90 deg): <ul style="list-style-type: none"> <li>Heel slides</li> <li>Prone knee hangs/Supine knee extension with towel under ankle</li> <li>Patella mobilizations</li> </ul> </li> <li>Quadriceps recruitment</li> <li>Global LE isometric/proximal hip strengthening</li> <li>Gait training with crutches</li> <li>Initial Visit: FOTO, LEFS</li> </ul>
Weeks 4 – 8	<ul style="list-style-type: none"> <li>Discontinue knee immobilizer</li> <li>Full ROM</li> <li>Reduce atrophy/progress strengthening</li> <li>Reduce swelling</li> <li>Normalize gait</li> <li>SLR without extensor lag</li> </ul>	<ul style="list-style-type: none"> <li>Progress to WBAT (wean crutches)</li> <li>No loading at knee flexion angles &gt;90 degrees (16 weeks)</li> <li>No jogging or sport activity</li> <li>Avoid painful activities/exercises</li> <li><b>Discontinue brace at 6 weeks</b></li> </ul>	<ul style="list-style-type: none"> <li>ROM: as tolerated</li> <li>Gait training from WBAT to independent</li> <li>Core stabilization exercises</li> <li>Neuromuscular re-education</li> <li>Global LE strengthening <ul style="list-style-type: none"> <li>Limit deep knee flexion angles &gt;90 degrees</li> <li>Begin functional strengthening exercises (bridge, mini-squat, step up, etc)</li> </ul> </li> <li>Double limb and single limb balance/proprioception</li> <li>Aerobic training: <ul style="list-style-type: none"> <li>Walking program when walking with normal gait mechanics</li> <li>Stationary bike</li> </ul> </li> <li>Week 6: FOTO, LEFS</li> </ul>
Weeks 8 – 16	<ul style="list-style-type: none"> <li>No effusion</li> <li>Full ROM</li> <li>Increase functional LE strength</li> <li>Return to activity as tolerated</li> <li>Initiate return to running program</li> <li>Initiate basic plyometrics</li> </ul>	<ul style="list-style-type: none"> <li>No loading at knee flexion angles &gt;90 degrees (16 weeks)</li> <li>Avoid painful activities/exercises</li> <li>No running until week 12 and cleared by surgeon</li> <li>No jogging on painful or swollen knee</li> <li>No plyometric exercises until week 14 and cleared by surgeon</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic training <ul style="list-style-type: none"> <li>Begin non-impact aerobic training (elliptical / stairmaster)</li> </ul> </li> <li>Increase loading capacity for lower extremity strengthening exercises</li> <li>Continue balance/proprioceptive training</li> <li>Week 12: begin return to running program</li> <li>Week 16: begin low level plyometric and agility training</li> <li>Week 12: FOTO, LEFS</li> </ul>
Weeks 16+	<ul style="list-style-type: none"> <li>Full ROM</li> <li>Functional strengthening</li> <li>Return to sport/activity</li> </ul>	<ul style="list-style-type: none"> <li>Return to sport 4-8 months post-op with surgeon approval</li> </ul>	<ul style="list-style-type: none"> <li>Gradually increase lifting loads focusing on form, control, and tissue tolerance</li> <li>Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills</li> <li>Week 24: FOTO, LEFS</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.  
Each patient's progress may vary based on specifics to their injury and procedure.



OkorohaPA@gmail.com



600 Hennepin Avenue,  
Minneapolis MN 55403



Admin Assistant  
612-313-0531