



Meniscus Repair  
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	<b>WEIGHT BEARING</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>Phase 1: 0-4 weeks</b> <b>2-3x/week</b>	If no brace = NWB with crutches  If TROM = WBAT locked in knee extension	As tolerated, slowly work up to 120°	*No active hamstrings if posterior Horn/Root repair  Quad sets, ankle pumps, 4-way ankle, Supine TKE's, SLR's x 4-way (if no extension lag); gait training  NMES to quads (20 minutes, 2-3 x/day) PROM, Edema control, STM
<b>Phase 2: 4-8 weeks</b> <b>2-3x/week</b>	Ambulate WBAT  D/C brace if they had one	Full AROM as tolerated  No Weight-bearing exercises >90° flexion	*No active hamstrings if posterior Horn/Root repair  Avoid Tibial Rotation  Continue/Progress phase I exs and modalities  Bike, Shuttle/Leg press (0-90°), step-ups, step-downs, lateral step-ups; gait training
<b>Phase 3: 8-12 weeks</b> <b>2x/week</b>	FWB	Full	Advance double and single leg closed chain activity. Can begin hamstring PRE's on non-root/horn repairs Focus on biomechanical issues of bilateral Lower extremities; Elliptical; Proprioception/balance; BOSU; <b>Independent gross strengthening in gym/ home program 2-3x/week.</b>
<b>Phase 4: 12-16 weeks</b> <b>1-2x/week</b>	Full	Full	Begin straight line running and dynamic lateral stability drills; walking lunges; Continue to focus on hip/knee/ankle biomechanics and control. Can begin hamstrings strengthening on all repairs
<b>Phase 5: 16-24 weeks</b> <b>1x/week</b>	Full	Full	Begin Plyometrics and power drills Progress cutting and agility drills, initiate at 25- 50% speed Sports-specific activity with planned RTS at 6 months

\*Ideally, obtain operative report to understand the location and extent of the tear/repair

\*\*Please see PT referral for any specific post op instructions including weight and motion restrictions.

Contact MD by 4 weeks post op if patient is not able to achieve full extension.

MD post op appts: 2 weeks, 6 weeks, 12 weeks, 5 months.

Please send PT progress notes prior to each of these MD appts.

This protocol is not a substitute for clinical decision making of the health care professional.