



Meniscus Repair
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	WEIGHT BEARING	ROM	EXERCISES
Phase 1: 0-3 weeks 2-3x/week	NWB in Locked TROM	0-90°	Edema control: Ice, STM, Tubigrip Quad sets, ankle pumps, 4-way ankle theraband, Supine TKE's, SLR's x 4-way (if no extension lag. Perform with brace locked if < GOOD quad control) Can use NMES to quads (20 minutes, 2-3 x/day)
Phase 2: 3-6 weeks 2-3x/week	Heel Touch WB in LOCKED TROM	0-90°	Continue phase I exercises and modalities Avoid tibial rotation LIGHT shuttle/leg press 0-90°, calf raises, Standing TKE's; Shallow Step-ups forward and lateral
Phase 3: 6-8 weeks 2x/week	WBAT in open TROM	Full ROM	Continue phase I-II exs. May begin bike
Phase 4: 8-12 weeks 1-2x/week	D/C TROM, FWB	Full Focus on hip flexibility and stretching all LE muscle groups	Advance double and single leg closed chain activity 0-120°. Focus on biomechanical issues of bilateral Lower extremities; Begin Elliptical; Proprioception/balance; BOSU; Independent gross strengthening in gym/ home program 2-3x/week.
Phase 5: 12-16 weeks 1x/week	Full	Full	Begin straight line running and dynamic lateral stability drills; walking lunges Continue to focus on hip/knee/ankle biomechanics and control.
Phase 6: 16-24 weeks 1x/week	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
 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.