

Meniscus Repair Protocol

PHASE 1 (0-6 weeks):

- **Goals:**
 - Alleviate acute pain and swelling
 - Prevent muscle atrophy
 - Restore leg control
 - Restore normal knee extension
 - Maintain cardiovascular conditioning
- **Weight Bearing**
 - Touch down weight bearing with crutches for first 2 weeks.
 - Gradually wean from two crutches to one crutch to no crutches as long as there is no increase in pain or swelling
- **Brace**
 - No brace needed for isolated meniscus repair.
- **ROM**
 - 0-90 degrees for weeks 0-2. Progress as tolerated after week 2.
 - Knee flexion exercises should be limited so that movement does not create any posterior knee pain
 - *Avoid tibial rotation for 6 weeks
- **Therapeutic Exercise**
 - Knee extension on a bolster
 - Prone hangs
 - Supine heel slides and knee flexion off edge of table
 - Quad sets and straight leg raises
 - 4 way leg lifts while standing for balance and hip strength
 - Ankle exercises (theraband)
 - LE stretching (hamstring/gastroc-soleus)
 - Light resistance on stationary bike
 - Modalities as needed (for edema control)

PHASE 2 (6-12 weeks):

- **Goals:**
 - Single leg stance control
 - Normalize gait
 - Good control and no pain with functional movements, including step up/down, squat, partial lunge (0-60° knee flexion)
- **Weight Bearing**
 - Full weight bearing
- **ROM**
 - Full active ROM
- **Therapeutic Exercise**
 - Continue previous exercises

- Gait drills
- Non-impact balance and proprioceptive drills
- Hip and core strengthening
- Quad strengthening (closed chain with flexion 0-60°)
- Progress with cardiovascular exercises (stationary bike, elliptical)
- May begin gentle swimming (no whip kick or egg beater kick)

PHASE 3 (> 3 months):

- Goals:
 - Good control and no pain with sport and work specific movements, including impact
- **Weight Bearing**
 - Full weight bearing
- **ROM**
 - Full active ROM
- **Therapeutic Exercise**
 - Movement control exercises beginning with low velocity, single plane activities and progressing to higher velocity, multi-plane activities
 - Strength and control drills related to sport specific movements
 - Sport/work specific balance and proprioceptive drills
 - Hip and core strengthening

Return to Sport/Work Criteria: Dynamic neuromuscular control with multi-plane activities without pain or swelling.