

ISOLATED MENISCAL REPAIR REHABILITATION PROTOCOL

N.B.: This protocol applies only to isolated meniscal repairs. This DOES NOT apply to meniscal repair performed in conjunction with ACL reconstruction. The ACL protocol should be followed unless otherwise noted on prescription if ACL / MENISCAL REPAIR done jointly.

Week 0 - 4

- PWB 40 - 60 lbs with crutches.
- Knee immobilizer full time except for showers week 0 - 2. D/C immobilizer after week 2 and initiate AROM as tolerated.
- Quad sets, SLR, and ankle pumps 4 times daily.
- Well leg stationary bicycle, and or upper extremity ergometer / aerobic program.

Week 4 - 6

- ADVANCE to WBAT unprotected when no limp and good quad control noted.
- Progress AROM with stretches in flexion and extension. GOAL full ROM by end of week 6.
- NO resistance exercises.
- Stationary bicycle without resistance.

Week 6 - 8

- INITIATE closed chain strengthening.
- No kneeling or squatting until after week eight.

Week 8 - 12

- INITIATE open chain strengthening.

Week 12 - 16

- ADVANCE to protected agility and sports specific exercise.
- RETURN to sports with specific ok by MD after four months

Updated 2/2016