

**Meniscal Repair Protocol**

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Diagnosis \_\_\_\_\_ Surgery Date \_\_\_\_\_

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only  Provide home exercise program (HEP)

Evaluate and Treat

**PHASE 1:** Period of protection; Weeks 0 - 4

- Active and passive NWB range-of-motion 0-90°; Obtain full extension
- Weight-bearing as tolerated with crutches and brace locked in extension
- Brace locked in extension while sleeping (0-2 weeks)

*Therapeutic Exercise*

Patellar mobs, SLR with brace locked in extension until no extensor lag, heel slides, quad/hamstring sets, NWB heel cord stretch, ankle pumps, prone hangs

**PHASE 2:** Weeks 4 - 6

- Active and passive NWB range-of-motion 0-135°
- Weight-bearing as tolerated with brace locked in extension
- No weight-bearing with any knee flexion

Body weight toe raises, begin core work, progress to WB heel cord stretch with knee in brace locked in extension

**PHASE 3:** Weeks 6 - 8

- Weight-bearing as tolerated with brace unlocked
- Discontinue brace when quad strength adequate
- Ensure full motion

Short-arc (0-45°) closed-chain exercises, squats, leg press, lunge, progress proprioception, StairMaster, NordicTrac, continue core

**PHASE 4:** Weeks 8 - 12

- Full weight-bearing without brace, full motion
- Normal gait

Begin stationary bike, proprioception exercises, continue squats, leg presses, lunges at 0-90°

**PHASE 5:** Weeks 12 - 26

- Gradual return to sport training and competitive sport
- Maintenance strengthening, flexibility
- May begin jogging and progress to running

Sport-specific training, maintenance strengthening for core, hip abduction, hip extension, quads, hamstring, gastroc, flexibility, plyometrics, proprioception

Comments:

Modalities: \_\_\_ Per therapist \_\_\_ Electrical Stimulation \_\_\_ Ultrasound \_\_\_ Heat before/after \_\_\_ Ice before/after

\_\_\_ Aquatherapy \_\_\_ Massage \_\_\_ Trigger points \_\_\_ ART (Active release techniques) Other \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_