

Meniscus Repair Rehabilitation Protocol

	Weight Bearing	Range of Motion	Brace/Sling	Therapeutic Exercise
Phase 1 0-4 weeks	0-6 wks: weight bearing as tolerated with crutches unless otherwise directed	0-4 wks: ROM limited to 90 degrees	0-2 weeks: locked in extension (remove for hygiene/exercise)	0-4 wks: heel slides, quad sets, SLR, SAQ, co-contractions, isometric
4-8 weeks	6-8 wks: wean from crutches	4-8 wks: AROM & PROM to full. No squatting beyond 90 degrees.	2-4 weeks: unlocked (remove for exercise/hygiene/sleep) Discontinue between 4-6 wks	ab/adduction, patellar mobilization, ankle strength 4-8 wks: partial wall sits, no greater than 90 degrees, TKE
Phase 2 8-12 weeks	FWB without crutches	Full active ROM	None	Progress closed-chain exercise, begin hamstring work, lunges 0-90 degrees, proprioception exercises, leg press 0-90 degrees, begin stationary bike.
Phase 3 12 -16 weeks	Full with normal gait pattern	Full	None	Progress Phase 2 exercises, focus on single leg strength, running, jogging, plyometrics, sport specific drills

NOTE: Patients should avoid tibial rotation for 4-6 weeks.