
Meniscus Repair Protocol

Use of ROM brace locked out at zero degrees extension for ambulation for a minimum of the first six weeks after surgery

ROM 0-90 degrees for the first four weeks after surgery

Sleep in the brace for the first four weeks after surgery

Non weight bearing duration will vary depending upon the location and severity of the tear

WEEK 0-6

Brace locked at zero degrees extension for ambulation

NON WEIGHT BEARING

Ice 20 minutes every hour and elevate the knee above level of heart with knee in extension

Come out of brace 4-5 times daily to perform self ROM 0-90°

- Passive and active assisted ROM exercises (0-90 degrees) for the first four weeks
 - Passive knee extension to zero
 - Passive seated knee flexion only (NO HEEL SLIDE!!!)
- Patellar mobilization
- Ankle pumps
- Calf stretching
- Straight leg raises (Hip flexion and abduction only)
- Quad sets with use of NMES as needed

*Increase passive and active assisted ROM to 0-110 degrees at week 5.

WEEK 7-10

Start weaning off of crutches

Unlock the ROM brace gradually wean off of it as tolerated by pain

- Continue above exercises
- AROM 0-125 degrees
- PROM 0-135 degrees
- stationary biking for ROM
- Initiate standing weight shifts
- Initiate SLR hip adduction/extension as tolerated by pain
- Closed kinetic chain exercises 0-45 degrees
- Initiate core strengthening
- Balance Board or Two Leg Balancing

WEEK 10-13

Discontinue ROM brace
Establish full ROM
May initiate pool running

- Continue above exercises
- CKC exercises 0-70 degrees
- Lateral step-ups
- Single leg proprioception
- Front step downs
- Bicycle/Stairmaster
- Initiate Elliptical

WEEK 14-16

Initiate straight land running **after the approval from the attending surgeon**
Maintain full ROM

- Continue the previous exercises
- Proprioception training
- CKC exercises 0-90
- Hamstring curls
- Wall Squats
- Lunges (stationary)

Month 4-6

Progression of CKC exercises
May start cutting, pivoting, twisting at 4 months after surgery
Functional progression, sport specific activities or work specific exercises as appropriate