



### **Arthroscopic Meniscal Repair Rehabilitation Protocol**

\*progression to the next phase should only be completed once patients have passed the goals of their current phase\*

	<b>Brace</b>	<b>Weight Bearing</b>	<b>ROM</b>	<b>Exercises</b>
<b>0-2 weeks*</b>	Locked in extension. To be worn at all times expect for hygiene / physio.	Weight bear as tolerated in extension with crutches	0-90 in therapy	Ankle pumps, quad sets (isometrics), SLR, patellar mobilizations, heel slides, hamstring isometrics
<b>2-4 weeks</b>	Brace locked 0-90 for activity, may remove to sleep	Weight bear as tolerated in brace with crutches	0-90	As above
<b>4-6 weeks</b>	Discontinue / wean from brace, or completely unlock.	Full weight bearing, wean from crutches @ 6 weeks	FULL ROM + PROM	Progress to partial wall sits. Avoid deep flexion activities > 90
<b>6-12 weeks</b>	N/A	Discontinue crutches	FULL ROM + PROM	Progress closed-chain exercises, lunges (0-90), stationary bike, gentle leg press
<b>12+ weeks</b>	N/A	Normal gait pattern	FULL	Single leg strengthening, running, plyometrics, sport specific drills