



## Physical Therapy Protocol – Meniscus Repair

**Diagnosis:** R / L Meniscus Repair

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks

**Weeks 0-6:** *period of protection, decrease edema, activate quadriceps*

- **Weight bearing:** partial with crutches
  - o **Weeks 2-4:** advance to 50% weight-bearing in brace with crutches
  - o **Weeks 4-6:** progress to full weight-bearing in brace, wean off crutches at 6 weeks
- **Hinged Knee Brace:**
  - o **Weeks 0-2:** locked in full extension for ambulation and sleeping, off for exercises and hygiene
  - o **Weeks 2-6:** unlocked from 0-90 for ambulation and removed while sleeping
- **Range of Motion:** AAROM → AROM as tolerated, **no weight-bearing with knee flexion angles >90 degrees, avoid any tibial rotation**
- **Therapeutic Exercises:** patellar mobilization, quad/hamstring sets, heel slides, gastroc/soleus stretching, straight leg raises with brace until quad strength prevents extension lag, hip/core/glute work, terminal knee extensions closed chain
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 6-12:**

- **Weight bearing:** as tolerated
- **Hinged Knee Brace:** discontinue at 6 weeks
- **Range of Motion:** full and painless
- **Therapeutic Exercises:** progress closed chain exercises, begin hamstring work, lunges/leg press 0-90, proprioception exercises, balance/core/hip/glutes, begin stationary bike when able
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 12-16:**

- **Range of Motion:** full, painless
- **Therapeutic Exercises:** advance closed chain strengthening exercises and proprioception activities, focus on single-leg strengthening, begin elliptical, straight ahead running at **12 weeks**, swimming at **16 weeks**
- **Modalities:** per therapist including E-stem, ultrasound, heat before therapy and ice after

**Weeks 16-24:** gradual return to athletic activity

- Begin jumping at **16 weeks**
- Advance to sprinting, backward running, cutting/pivoting/changing direction at **20 weeks**
- Consider **functional sports assessment** prior to full return to play