



Physical Therapy Protocol

Isolated Meniscus Repair

Phase I: 0-2 Weeks

Goals:

- Minimize swelling
- Minimize quadriceps inhibition
- Protect meniscal repair
- Full extension ROM

Exercises:

- Quad strengthening
- Knee PROM/ AROM
- Hip strengthening
- **Weight bearing:**
TTWB with crutches and brace locked in full extension

Phase I: 2-6 Weeks

Goals:

- Weight bearing Progression:
 - ✓ WBAT with brace locked in extension***
- OR**
- ✓ TDWB with brace unlocked***

Exercises:

- Add bike for ROM, no resistance
- Begin strengthening with progressive light resistive exercises
- Progression of WB as guided by your surgical team

Phase II: 6-12 Weeks

Goals:

- WBAT in hinged knee sleeve
- Progress from crutches as able

Exercises:

- Initiate CKC program (no squatting >90 degrees of knee flexion)
- Initiate OKC weight machines
 - a. Knee extension 90-30 degrees
 - b. Hamstring curls
 - c. Leg press bilateral and progress to unilateral as tolerated
- Initiate proprioceptive training/ balance

Phase III: 12+ Weeks

Goals:

- Prepare to take return to sport test at 6-8 month orthopaedic visit

Exercises:

- Advance WB strength
- Running Progression
- Continue with guided gym program
- May begin swimming at week 12
- Begin plyometrics at week 16

Questions?

Orthopaedics:
(603) 650-5133

Rehabilitation Medicine:
(603) 650-3600