



Meniscal Repair Protocol

Precautions/Limitations:

- Start PT within 2 days
- 2 weeks NWB, 2 weeks 50% WB, then WBAT
- Surgical knee in hinged brace locked in extension for ambulation for 4 weeks
- Teach patient how to unlock brace for sitting
- No resisted knee extension (isotonic or isokinetic)
- Knee flexion PROM to pain tolerance (Not stretching)
- Physician post-op visits: within 7 days, 3 weeks, 7 weeks, 14 weeks, then as needed

Stage 1 (Week 1)

Treatment:

- Ice/elevate 5-6 times per day for 20 min. If an ice machine (ie. Game Ready) was ordered, use it as often as you can throughout the day with the leg elevated
- Quad sets
- Straight leg raises
- Quad/glut sets
- Knee flexion PROM to pain tolerance (Not stretching)
- Upper body conditioning
- Patellar mobs
- STM to all soft tissues around the knee for edema/pain control as needed

Goals:

- 90° of knee flexion
- Decrease pain and inflammation
- Joint protection

Stage 2 (week 2-4)

Treatment:

- Stretch knee flexion only to patient pain tolerance
- Bike/Nustep with uninvolved LE

Goals:

- Full extension, flexion to 120°
- Amb with 50% weight bearing
- Pain and swelling control



- Resisted exercises to the ankle and hip
- Core stabilization
- STM of soft tissue around the knee
- Patellar mobilization
- Sitting proprioception exercises
- Amb in pool if available and incision is healed

Stage 3 (week 5-8)

Treatment:

- Bike/Nustep with bilat LE's
- Elliptical may begin at week
- LAQ from 90° to 30°
- Continue stretching knee flexion within patient pain tolerance
- Gait training
- Closed chain exercises- partial squats, low height steps
- Functional hip stability
- Hamstring strengthening

Goals:

- Full ROM
- No gait deviations

Stage 4 (week 9-12)

Treatment:

- Begin more aggressive knee flexion stretching if patient hasn't reached full ROM.
- Functional balance exercises
- Progress PRE's from previous stage

Goals:

- Build conditioning
- Smooth reciprocal gait on stairs

Stage 5 (week 13 and beyond)

Treatment:

- Begin sport specific drills
- Straight line running at week 12
- Karaoke, cutting and jump training at week 14

Goals:

- No running gait deviations
- Return to pain-free specific training
- Return to sport at 4 months if pain free during sports specific training