

MENISCUS REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-4:

- WBAT with brace in full extension, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping
- Active/passive ROM 0-90 with emphasis on full extension
- Heel slides, quad sets, patellar mobs, ankle pumps
- Straight leg raises (without brace when able to SLR without extension lag)

____Weeks 5-8:

- Continue exercises from weeks 0-2
- Unrestricted ROM, however no weight bearing past 90 degrees flexion
- D/c brace when quad strength adequate for ambulation
- Mini-squats, weight shifts, initiate step up program
- Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch
- Proprioceptive training
- Avoid tibial rotation

____Weeks 9-12:

- Unrestricted ROM even with weight bearing
- Advance closed chain strengthening and bike exercises
- Progressive squat program
- Initiate step down program
- Leg press and lunges (start initially with body weight only)
- Proprioceptive exercises

____Weeks 13-16+:

- Begin jogging and progress to running
- Progressive strengthening exercises
- Single leg exercises
- Sports specific exercises

Signature _____

Date: _____