

# **MENISCUS REPAIR REHABILITATION**

## **Phase I: MAXIMUM PROTECTION PHASE (1 -4 weeks)**

**Goals:** Control inflammation/effusion

Allow early healing

Full passive knee extension

Gradually increase knee flexion

Independent quadriceps control

## **Stage I: Immediate post-surgery day 1 through day 10**

Ice, compression, elevation

Brace locked at 0 for ambulation and sleeping only

ROM (passive 0-45)

Patellar mobilizations

Stretch hamstrings and calf

Strengthening exercises:

Quad sets

SLR flexion

Hip Abd/Adduction

Knee extension

Weight bearing: toe touch with two crutches

## **Stage II: Week 2 through week 4**

Continue use of ice and compression

Brace locked for ambulation

### **ROM guidelines**

Gradually increase PROM

**Week 2: 0-45**

**Week 3: 0-65**

**Week 4: 0-90**

**Week 5: 0-100**

**Week 6: 0-110**

**Week 7: 0-120**

**Week 8: 0-135**

### **Weightbearing guidelines**

Week 2: non-weightbearing

Week 3: non-weightbearing

Week 4: non-weightbearing

Week 5: 25% FWB  
Week 6: 50% FWB  
Week 7: 75% FWB  
Week 8: 100% FWB

**Discontinue crutches and brace week 8**

**Strengthening exercises**

Multi-angle quad isometrics  
SLR (all 4 planes)  
Knee extension 90-0

\*Avoid twisting, deep squatting, and stooping

**Phase II: MODERATE PROTECTION PHASE (weeks 5 -8)**

**Goals:** Full PROM

No swelling/inflammation  
Re-establish muscle control  
Proper gait pattern  
Continue use of ice and compression as needed  
Continue ROM and stretching to maintain 0-135<sup>0</sup>  
Progress strengthening exercises  
Leg press 70~0  
Knee extension 90-40  
Hip Abd/Adduction  
Lateral step-ups  
Balance/Proprioception training

\* Avoid twisting, pivoting, running, and deep squatting

**Phase III: CONTROLLED ACTIVITY PHASE (weeks 9-16)**

Improve strength and endurance  
Maintain full ROM  
Gradually increase applied stress

Week 9

Continue all strengthening exercises listed above  
Initiate light resisted hamstring curls  
Initiate stair stepper  
Toe calf raises  
Progress balance training

Progress to isotonic strengthening program

Week 12:

Continue strengthening and stretching program

**Phase IV: RETURN TO ACTIVITY PHASE (Month 4-6)**

Improve strength and endurance

Prepare for unrestricted activities

**Criteria to progress to Phase IV:**

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory clinical exam
4. Satisfactory isokinetic test

Exercises:

Continue and progress all strengthening exercises & stretching drills

Deep squatting permitted at 4 months

Initiate straight line running: 4 months

Initiate pivoting and cutting: 5 months

Initiate agility training: 5 months

Gradually return to sports: 6 months