

Postoperative Rehabilitation Protocol for Meniscus Repair



Dr. MacLean

Physical therapy should be started within a few days after surgery

Postoperative weeks 0-6

PRECAUTIONS/RESTRICTIONS

- Brace to be worn and set at 0-90 degrees for 6 weeks
- Brace to remain unlocked at all times following resolve of nerve block
- Brace may be removed for hygiene and therapy
- Flat foot (25%) weight bearing 0-2 weeks. Then, 50% weight bearing with crutches for weeks 2-6

RANGE OF MOTION

- Ensure full extension is achieved
- Active and Passive ROM 0-90 during weeks 0-2
- May progress ROM as tolerated after week 2. No forced flexion
- **No weight bearing with knee flexion >90 degrees**

STRENGTHENING

- Restore quadriceps recruitment

MODALITIES PRN

Postoperative weeks 6-12

PRECAUTIONS/RESTRICTIONS

- Progress to WBAT
- Patients may require ambulating with 1 crutch while working on restoring normal gait
- Patient can ambulate without assistive devices once quadriceps recruitment and normal gait is restored

RANGE OF MOTION

- Restore full active ROM

STRENGTHENING

- Progress strengthening exercises
- Progress closed chain exercises
- Suggested exercises:
 - Stationary bike, Stairmaster, or Elliptical
 - Lunges (between 0-90 degrees)
 - Leg Press (between 0-90 degrees)
 - Wall sits to 90 degrees
 - Closed chain terminal knee extension
 - Proprioceptive training

MODALITIES PRN

Postoperative weeks 12+

PRECAUTIONS/RESTRICTIONS

- Full weight-bearing without crutches

RANGE OF MOTION

- Maintain full ROM

STRENGTHENING

- Begin treadmill: jogging and progress to running (wall-run progression)
- Single leg strengthening
- Open chain and eccentrics
- Progress to activity-specific strengthening exercises
- Include plyometric/jumping exercises
- Begin cutting and agility exercise

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

667 KINGSBOROUGH SQ, STE 300
CHESAPEAKE, VA 23320
P 757.422.8476 | F 757.425.8476
ORTHOVIRGINIA.COM