

Meniscus Repair Physical Therapy Protocol



Dr. Christopher Ellingson

Phase I: Weeks 0-6 Maximum Protection Phase

GOALS

- Control inflammation/effusion
- Allow early healing
- Full passive knee extension
- Gradually increase knee flexion
- Independent quadriceps control

STAGE 1: IMMEDIATE POST-SURGERY DAYS 1-10

- Ice, compression, elevation
- Brace locked at 0° for ambulation and sleeping only.
- Brace may be unlocked while sitting, etc.
- Patellar mobilizations
- Stretch hamstrings and calf

RANGE OF MOTION

- Passive 0°-90° – Able to restore extension & hyperextension

STRENGTHENING EXERCISES

- Quad sets
- SLR flexion
- Hip abduction and adduction
- Knee extension 60°-0°
- Weight bearing, toe touch with two crutches
- Avoid active knee flexion beyond 90° of flexion

STAGE 2: WEEKS 2-4

- Continue use of ice and compression
- Brace locked for ambulation and sleeping

RANGE OF MOTION

- Gradually increase PROM as tolerated
- Week 2: 0°-100°
- Week 3: 0°-110°
- Week 4: 0°-120°

WEIGHT BEARING

- Continue to lock brace
- Week 2: 25-50% WB
- Week 3: 50-75% WB
- Week 4: FWB as tolerated
- Continue PROM exercises and stretching

STRENGTHENING EXERCISES

- Multi-angle quad isometrics
- SLR (all 4 planes)
- Knee extension 90°-0°
- CKC weight shifts
- Avoid twisting, deep squatting and stooping for ~12 weeks
- Avoid hamstring strengthening for ~8 weeks

STAGE 3: WEEKS 5-6

- Weight bearing as tolerated
- Initiate CKC exercise such as:
 - ½ squat 0°-45°
 - Leg press 0°-60°
 - Wall quat 0°-60°
- Initiate proprioception training
- Tilt board squats
- Biodex stability
- Continue CKC exercise
- Initiate hip abduction & adduction and help flexion/extension on multi-hip machine

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

Answering service for after hours.

1717 WILL O WISP DRIVE, STE 100
VIRGINIA BEACH, VA 23454
P 757.422.8476 | F 757.425.8476
ORTHOVIRGINIA.COM

Phase II: Weeks 7-12 Moderate Protection Phase

GOALS

- Establish full PROM
- Diminish swelling/inflammation
- Re-establish muscle control
- Promote proper gait pattern

WEEKS 7-10

- Continue use of ice and compression as needed
- Continue ROM and stretching
- Continue use of brace for 6 weeks

RANGE OF MOTION

- Week 7: PROM 0-125°/130°

STRENGTHENING EXERCISES

- Leg press 70°-0°
- Knee extension 90°-40°
- Hip abduction & adduction
- Wall squats 0°-70°
- Vertical squats 0°-60°
- Lateral step-ups
- Front step downs
- Balance and proprioception training
- Biodex stability
- Squats rocker board
- Cup walking
- Bicycle (if ROM permits)
- Pool program
- Avoid twisting, pivoting, running and deep squatting

WEEKS 10-12

- Continue
- All exercises listed above
- Initiate “light” hamstring curls
- Initiate toe calf raises

Phase III: Weeks 13-18 Controlled Activity Phase

GOALS

- Improve strength and endurance
- Maintain full ROM
- Gradually increase applied stress

WEEK 13

- Continue all strengthening exercises

STRENGTHENING EXERCISES

- Leg press 70°-0°
- Knee extension 90°-40°
- Hip abduction & adduction
- Wall squats 0°-70°
- Vertical squats 0°-60°
- Lateral step-ups
- Front step downs
- Balance and proprioception training
- Biodex stability
- Squats rocker board
- Cup walking
- Bicycle (if ROM permits)
- Pool program
- Avoid twisting, pivoting, running and deep squatting
- Initiate stair stepper
- Toe calf raises
- Progress balance training
- Progress to isotonic strengthening program
- Initiate front lunges
- Initiate pool running (forward and backward)
- Initiate walking program

WEEK 16

- Continue strengthening and stretching program
- Progress walking program
- Initiate running and cutting in pool

Phase IV: Months 5-7 Return to Activity Phase

GOALS

- Improve strength and endurance
- Prepare for unrestricted activities
- Progress to agility and cutting drills

CRITERIA TO PROGRESS TO PHASE IV

- Full non-painful ROM
- No pain or tenderness
- Satisfactory clinical exam
- Satisfactory isokinetic test

STRENGTHENING EXERCISES

- Continue and progress all strengthening exercises and stretching drills
- Progress isotonic program
- Wall squats
- Leg press
- Lateral step-ups
- Knee extension 90°-40°
- Hamstring curls
- Hip abduction & adduction
- Bicycle, stair stepper and elliptical machine
- Deep squatting permitted at 5 1/2 months
- 6 months: Initiate straight line running
- 7 months: Initiate pivoting and cutting, initiate agility training
- 7-8 months: Gradually return to sports