

MENISCUS REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-4	<ul style="list-style-type: none"> • 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 mobilization, ankle pumps • Straight leg raises (without brace when able to SLR without extension lag)
Weeks 5-8	<ul style="list-style-type: none"> • Continue exercises from weeks 0-4 • Unrestricted ROM, however no weight bearing past 90° flexion • D/c brace when quad strength adequate for ambulation • Mini-squats, weight shifts, initiate step down program • Closed chain knee extension, stationary bike, weight bearing gastroc/soleus stretch • Proprioceptive training • Avoid tibial rotation
Weeks 9-12	<ul style="list-style-type: none"> • Unrestricted ROM even with weight bearing • Advance closed chain strengthening and bike exercises • Leg press and lunges (start initially with body weight only) • Progressive squat program • Initiate step down program • Leg press and lunges (start initially with body weight only) • Proprioceptive training
Weeks 13-16+	<ul style="list-style-type: none"> • Begin jogging and progress to running • Progress strengthening and flexibility exercises • Single leg exercises • Sports-specific exercises