

## Arthroscopic meniscus repair Rehabilitation Protocol

PHASE	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
<b>PHASE 1 0-4 WEEKS</b>	0-4 wks: Non-weight bearing	Extension brace at 0 degrees (remove for hygiene/exercise)	0-4 wks: PROM 0-90°	0-4 wks: Heel slides, quad sets, SLR, SAQ, co-contractions isometric abd/adduction, patellar mobilization, ankle strength
<b>PHASE 2 4-12 WEEKS</b>	4-6 wks: Weight bearing as tolerated with crutches & brace	4-6 wks: Extension brace at 0 degrees. Gradually discontinue crutches and brace when patient is able to perform SLR with no extension lag	4-8 weeks: PROM beyond 90°, Weight bearing ROM 0-90°	4-8 wks: partial wall sits, no greater than 90 degrees, TKE, 8-12ws: Closed-chain exercises beyond 90 degrees of knee flexion, begin hamstring work, lunges and leg press (0-90degrees), proprioception exercises, stationary bike
<b>PHASE 3 12- 16 WEEKS</b>	Full	None	Full active ROM	Progress phase 2 exercises focusing on single leg strength, jogging, plyometrics and sports specific drills
<b>PHASE 4 16 WEEKS OR BEYOND</b>	Full	None	Full	Return to sports

\* Patients should start physiotherapy between 3-5 days after surgery with twice a week visit for 6 weeks

\*\* Patients should avoid tibial rotation for 4-6 weeks