

PHYSICAL THERAPY PROTOCOL
MENISCUS REPAIR

Weeks 0-4

Weightbearing: Toe Touch Weight Bearing

Hinged Knee Brace: Locked in extension for ambulation and sleeping, removed for PT

Range of Motion: AROM/AAROM/PROM – Goal of 0-90 degrees under watch and guidance of PT by 4 weeks, sometimes can take 6 weeks

Therapeutic Exercises: patellar mobilization, quad sets, straight leg raise with brace locked until quad strength prevents extension lag

Weeks 4-6

Weightbearing: Begin to advance to WBAT with crutches, wean off crutches at week 6

Range of Motion: AROM/AAROM/PROM – Goal of 0-130 degrees under watch and guidance of PT; work on progressive knee flexion

Weeks 6-12

Therapeutic Exercises: Advance closed chain exercises, non-impact balance and proprioceptive drills, 0-90° lunges and leg press

Weeks 12-16

Rehabilitation Goals: Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression

Therapeutic Exercises: Focus on single leg exercises, advance closed chain exercises
Begin elliptical at 12 weeks

Straight ahead running at 12 weeks

Weeks 16-24

Sport specific strength and conditioning

OK for swimming at 16 weeks

Jumping at 16 weeks; Sprinting/cutting/pivoting at 20 weeks

Individual recommendations regarding return to sport based on functional assessment