



ADVANCED ORTHOPAEDIC SPECIALISTS

Dr. Chris Arnold
Dr. David Yakin
Dr. Terry Sites
Dr. Kenton Hagan

Meniscal Repair Rehabilitation Protocol

*If done in conjunction with ACL - Follow ACL protocols for ROM: TTWB for a month. Brace with ambulation one month.

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
Phase I 0 - 4 Weeks <i>PT 2x/week</i>	Non-weight bearing	Long Leg Immobilizer to be worn at all times (except showering.) May also leave brace off during exercise if patient can perform 10 SLR without a significant extension lag.	No ROM	Quad sets, HS sets, standing SLR, standing hip ext., abduction and adduction.
Phase II 4 - 8 Weeks <i>PT 2x/week</i> <i>AFP 1x/week</i>	4 Weeks: 25% 5 Weeks: 50% 6 Weeks: 75% 7 Weeks: WBAT	Discontinue brace when patient can perform 10 SLR.	Progress to full AROM as pain allows.	Standing hip exercises with resistance, weight shifting (per weight bearing restrictions), progress to closed chain exercises as WB allows, stationary bike (no resistance), standing TKE, HS curls. WBAT: add step ups, step downs, stand kicks, progressive balance activities.
Phase III 8 - 16 Weeks <i>PT 1x/week</i> <i>AFP 2-3x/week</i>	Full weight bearing	No Brace	Full and pain-free	Continue phase II exercises and progress closed chain strengthening
Phase IV 16+ Weeks	Full weight bearing	No Brace	Full and pain-free	Resume Running or sport