

Rehabilitation Protocol: Complex Meniscus Repair

Phase I: 0-6 weeks

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks & sleeping x 2 wks
- ROM: Active/Passive ROM 0-90, emphasis on extension
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
 - Patella mobilization
 - Straight leg raise supine with brace locked at 0 degrees
 - Quad sets
 - Heel slides
 - Ankle pumps

Phase II: 6-8 weeks

- Brace: Discontinue hinge knee brace when quad strength adequate, may recommend transition to unloader brace
- ROM: full
- Weightbearing: transition to PWB then WBAT; d/c crutches when gait normalized
- Exercises:
 - Wall sits to 90 degrees
 - No weightbearing with knee flexion past 90 degrees

Phase III: 8-12 weeks

- Brace: none vs unloader brace
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
 - Progress with closed chain exercises
 - Lunges from 0-90 degrees
 - Leg press 0-90 degrees
 - Proprioception exercises
 - Begin stationary bike

Phase IV: 12-16 weeks

- Brace: none vs unloader brace
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
 - Progress strengthening exercises
 - Single leg strengthening
 - Begin jogging and progress to running
 - Sports specific exercise
- Return to sport guided by MD clearance, typically ~6 months postop