Meniscus Repair Protocol

**Phase I (0-6 weeks)**

- WBAT
- Hinged brace locked in extension for walking. Unlock for flexion
- Unlock brace to allow flexion 0-90 degrees (4x/day)
- Quad sets, SLR in brace locked in extension (4x/day)

**The main precautions for meniscal repairs are no closed chain flexion (foot stabilized on the floor or an object), ROM greater than 90 degrees for 6 weeks (PROM is ok) and no turning or twisting activity for 4 months.**

**Phase II (6-12 weeks)**

- Discontinue brace
- Maintain full extension and increase flexion
- 6 weeks- gait training, wall slides, mini-squats (no deep knee bends) resisted hip exercises
- 8 weeks-stationary bike with light resistance, closed chain terminal knee extension, leg press to 90 degrees

**Phase III (3 months)**

- Gain full and pain-free motion
- Advance closed chain strengthening, proprioception and balance activities
- Begin treadmill walking to jog progression

**Phase IV (4-6 months)**

- Begin sport-specific functional progression
- Begin running and initiate a plyometric program
- Return to play [hyperflexion/full squatting]