



Orthopaedics OF STEAMBOAT SPRINGS

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**)

Orthopaedics of Steamboat Springs
940 Central Park Drive, Suite 280
Steamboat Springs, Co 80487
T: 970-879-6663
F: 970-871-1234