

Rehabilitation Protocol: Arthroscopic Meniscus Repair

Date of Surgery: _____

Meniscus: ☐ Medial ☐ Lateral

Weightbearing by tear type: If a radial tear (or other tear type as specified by our office) was repaired, **non-weightbearing for 6 weeks**. Root repairs follow the Meniscus Root Repair protocol.

Protect the repair: Avoid tibial rotation and pivoting for 4–6 weeks; no loaded flexion >90° (deep squat, lunge, kneeling) until 12 weeks. Outcome measures: LEFS, IKDC, NPRS. Please contact our office with any questions or concerns.

☐ **Phase I – Protection (Weeks 0–6)**

- **Weightbearing:** Partial weightbearing with crutches weeks 0–4; WBAT after week 4 (radial: NWB 6 weeks)
- **Hinged Knee Brace:** Worn for 6 weeks. **Week 0–1:** locked in full extension for ambulation and sleep (remove for hygiene/PT). **Weeks 1–4:** unlocked 0–90° for ambulation; removed for sleep. Discontinue at 6 weeks
- **Range of Motion – AAROM to AROM. Weeks 0–4:** full ROM, but **no weightbearing at flexion >90°**. **Weeks 4–6:** progress beyond 90° as tolerated
- **Precautions:** No active or resisted hamstring exercises for 6 weeks
- **Therapeutic Exercises**
 - Quad sets with NMES (quad stim); hamstring sets; heel slides; SLR (brace locked if lag); co-contractions
 - Isometric hip abduction/adduction; patellar mobilization
 - **Week 4+:** Partial wall sits (<90°); bilateral closed chain 0–45°
- **Criteria to Progress:** Full extension; SLR without lag; flexion ≥90°; minimal effusion

☐ **Phase II – Strengthening (Weeks 6–12)**

- **Weightbearing:** As tolerated – **discontinue crutches at 6 weeks**
- **Range of Motion – Full active ROM**
- **Precautions:** No loaded flexion >90° (deep squat, lunge); no heavy isolated resisted hamstring exercises; no running, agility, or plyometrics
- **Therapeutic Exercises**
 - Closed chain extension; hamstring strengthening (light)
 - Lunges 0–90°; leg press 0–90°; squat progression double leg to split stance
 - Proprioception; stationary bike (standard once >110°); elliptical once good 6" step-up
- **Criteria to Progress:** Full symmetric ROM; symmetric squat to parallel; quad isometric strength ≥70% of contralateral limb

☐ **Phase III – Advanced Strengthening and Running (Weeks 12–16)**

- **Therapeutic Exercises**
 - Quad and hamstring strengthening with single-leg focus; squats >90° flexion
 - **Jogging/running** (AlterG at >70% strength symmetry; interval running at >80%)
 - Bilateral plyometrics, progressing; sport-specific drills
- **Criteria to Progress:** Controlled single-leg squat; strength symmetry >85%; running without pain or effusion

☐ **Phase IV – Return to Sport (Months 4–6)**

- **Therapeutic Exercises**
 - Single-leg plyometrics; anticipated to reactive agility
 - Maintenance strength and endurance
- **Return to Sport:** Gradual return at **4–6 months** – strength and single-leg hop testing >90% of contralateral limb; physician clearance