

Dr. Allen Meniscus Repair Rehabilitation Protocol

Phase I: Protection (Weeks 0-6)

- First post-op visit at 2 weeks, sutures will be removed at this visit
- Leave dressings in place until first PT visit (around POD #1-3)
 - Ok to shower day after first dressing change
 - Don't soak wound, pat dry and cover with fresh bandage
- Cryotherapy, effusion control, pain management
- Scheduled NSAIDs & Tylenol
- Opioids for break through pain (goal to wean by end of week 2)
- Toe touch weight bearing in the brace locked in full extension
 - Crutches required for 6 weeks
- Hinged knee brace unlocked from 0-90°
 - Motion limited to 0-90° for first 6 weeks
 - Brace must be locked in full extension when ambulating
- Patellar mobilizations
- Range of Motion 0-90°:
 - Prone hangs, heel props, heel slides, supine wall heel slides to 90°
 - Stationary bike with no resistance
- Strengthening
 - Quad sets, 4-way SLRs, short arc quads, multi-hip machine

Phase II: Weight Bearing (Weeks 6-12)

- Second post-op visit at 6 weeks
 - Discontinue brace once good quad control and normal gait obtained



- Regain full range of motion
- Elliptical, stationary bike, flutter kick swimming, pool jogging
- Walking, side-step, step overs, step-ups, forward and backwards
- Closed chain strengthening
 - Lunges & mini-squats: 0-60°
 - Leg press & squats @ 8 weeks: 0-90°
 - Hamstring curls @ 8 weeks: 0-90°
 - No Deep squats >90° for 4 months*
- Balance: Double and single leg dynamic exercises

Phase III: Jogging (Weeks 12-20)

Weeks 12-16

- Third post-op visit at 12 weeks
- Advance return to running program
 - Straight line, full speed, curves, cutting, pivoting, ladder drills
- Initiate and advance agility drills
 - Skipping, side shuffle, carioca, crossovers, backwards jog
- Advance closed chain exercises
 - Can advance to full motion with squats and lunges @ 4 months
- Advance balance exercises
- Progress cardio (biking, swimming, elliptical)
- Double and single leg landing/jumping mechanics
- Sport specific drills
- Return to sport activity or heavy labor work around 4-5 months