



***MENISCUS REPAIR
POSTOPERATIVE PROTOCOL***

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Brace:

Week 0-2: Locked in extension (remove for PT/washing)

Week 2-4: Unlocked **except when walking** (remove for PT/washing/sleep)

After wk 6: Discontinue brace

Weight Bearing:

Week 0-6: WBAT (weight bearing as tolerated) in knee brace locked in full extension (assistance with crutches, as needed)

After wk 6: WBAT without brace, discontinue crutches

ROM:

Week 0-2: AROM/PROM from 0-90 degrees

After week 2: Full ROM as tolerated

Exercise:

Week 0-4: heel slides, quad sets, patellar mobilizations, SLR's

Week 4-8: quad/hamstring isometrics, wall sits < 90 degree knee bend, stationary bike for ROM only

Week 8-12: leg press, single leg squat, lunges: 0-90 degrees, resistive stationary bike

Week 12-16: light jog/walk progressions, plyometrics

After wk 16: full running, cutting, pivoting

If you have any questions, please contact our clinic.