

Isolated Meniscus Repair: Meniscus Root or Displaced Tears Postoperative Rehabilitation Protocol

Core Rehabilitation Guidelines

- Weight bearing as tolerated after 6 weeks
- Out of brace by 4 weeks with no range of motion limitations thereafter
- Jogging and sports initiation by 16 weeks

Specific Rehabilitation Timeline: Weeks 0-6

- Weight bearing:
 - Toe Touch Weight Bearing for 6 weeks
- Hinged Knee Brace: worn for 6 weeks post-op
 - Locked in full extension for ambulation (may remove for PT)
- Range of Motion
 - Weeks 0-2: 0-70 degrees only
 - Weeks 2-4: 0-90 degrees
 - Weeks 4+: may progress ROM to tolerance
- Therapeutic Exercises
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations Weeks 0-2: 0-70 degrees only
 - Weeks 2-4: 0-90 degrees
 - Weeks 4+: may progress ROM to tolerance

Specific Timeline: Weeks 6-12

- Weight bearing: As tolerated - discontinue crutch use as gait normalizes
- Hinged Knee Brace: Discontinue brace at 6 weeks post op
 - Pt must have full extension with no evidence of extension Lag
 - Good quad strength and control
- Range of Motion – Full active ROM
- Therapeutic Exercises
 - Can begin partial wall-sits – Keep Knee Flexion Angle Less Than 90°
 - Closed chain extension exercises, Hamstring strengthening
 - Lunges 0-90°, Leg press 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle

Specific Timeline: Weeks 12-16

- Weight bearing - Full weight bearing with normal gait pattern
- Range of Motion – Full/Painless ROM
- Therapeutic Exercises
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength

Specific Timeline: Weeks 16-20

- Begin jogging/running
- Plyometrics and sport-specific drills
- Gradual return to athletic activity as tolerated
- Maintenance program