

Nondisplaced Isolated Meniscus Repair Postoperative Rehabilitation Protocol

Core Rehabilitation Guidelines

- Week 1: Toe touch weight bearing with crutches
- Week 2: Progress to weight bearing as tolerated and wean off crutches
- Brace: 0-90° for 4 weeks, then can wean off brace thereafter
- Out of brace after 4 weeks with no range of motion limitations thereafter
- Return to sports-specific training by 4 months

Specific Rehabilitation Timeline: Weeks 0-4

- Weight bearing:
 - Toe touch weight bearing for 1st week
 - Progress to weight bearing as tolerated by 2nd week
- Hinged Knee Brace: worn for 4 weeks post-op
 - Locked in full extension for ambulation (may remove for PT) for first 2 weeks
 - Unlock brace 0-90° during weeks 3 and 4 for ambulation
- Range of Motion
 - Weeks 0-2: 0-90 degrees only
 - Weeks 2+: may progress ROM to tolerance
- Therapeutic Exercises
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations

Specific Timeline: Weeks 4-10

- Weight bearing: As tolerated - discontinue crutch use as gait normalizes
- Hinged Knee Brace: Discontinue brace at 4 weeks post op
 - 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 10-16

- 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