

Arthroscopic Meniscus Repair Rehabilitation Protocol

	<u>WEIGHT BEARING</u>	<u>BRACE</u>	<u>RANGE OF MOTION</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	<p>Partial weight bearing as tolerated with crutches.</p> <p>Discontinue crutches at 4 wks.</p>	<p>0-2 wks: 0-45°</p> <p>2-4 wks: 0-90° (remove for exercise/hygiene/sleep)</p> <p>Discontinue at 4 weeks</p>	0-4 wks: 0-90°	Heel slides, quad sets SLR, isometric ad/abduction, patellar mobilization, ankle strength.
PHASE II (4-12 WEEKS)	Full weight bearing	Discontinue	Full active range of motion	Progress closed-chain exercise begin hamstring work, proprioception exercises, leg press 0-90°, begin stationary bike.
PHASE III (12- 16 WEEKS)	Full with normal gait pattern.	Discontinue	Full active range of motion	Progress phase 2 exercises focus on single leg strength running, jogging, plyometrics, sport specific drills.