



GOLDEN STATE ORTHOPEDICS & SPINE

Rehabilitation Protocol: Arthroscopic Meniscus Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-6)

- **Weightbearing:** As tolerated with crutches
- **Hinged Knee Brace:** worn for 4 weeks post-op
 - Locked in full extension for ambulation and sleeping – remove for hygiene and PT (**Weeks 0-2**)
 - Unlocked for ambulation and removed while sleeping, for hygiene and PT (**Weeks 2-4**)
- **Range of Motion** – AAROM → AROM as tolerated
 - **Weeks 0-4:** Full ROM – No weightbearing at flexion angles greater than 90°
 - **Weeks 4-6:** Full ROM as tolerated – progress to flexion angles greater than 90°
- **Therapeutic Exercises**
 - Quad/Hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar Mobilizations
 - At **4 Weeks:** can begin partial wall-sits – keep knee flexion angle less than 90°

Phase II (Weeks 6-12)

- **Weightbearing:** As tolerated -- discontinue crutch use at 6 weeks
- **Hinged Knee Brace:** Discontinue brace use when patient has achieved full extension with no evidence of extension lag
- **Range of Motion** – Full active ROM
- **Therapeutic Exercises**
 - Closed chain extension exercises, Hamstring strengthening
 - Lunges – 0-90°, Leg press – 0-90°
 - Proprioception exercises
 - Begin use of the stationary bicycle

Phase III (Weeks 12-16)

- **Weightbearing:** Full weightbearing with normal gait pattern
- **Range of Motion** – Full/Painless ROM
- **Therapeutic Exercises**
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging/running
 - Plyometrics and sport-specific drills

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments: Patients should avoid tibial rotation for 4-6 weeks post-op

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____