

**Meniscal Repair**  
**POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

**Diagnosis: Meniscal tear (    medial    lateral    )**  
**Frequency: 2-3 visits/week    Duration: 4 months**

**Week 1-4**

- Brace in locked in extension when ambulating,
- TTWB with crutches for 2 weeks, then may progress to WBAT with brace locked in extension.
- ROM 0-90 degree passively in the brace (asst with other leg is ok)
- SLR
- Calf pumps, ankle ROM as tolerated

**Week 5**

- Continue above exercises
- Unlock brace for ambulation when quad control adequate
- Self ROM 4-5x/day using other leg to provide ROM, emphasis on maintaining 0 deg passive extension
- Advance ROM as tolerated - no limits
- Mini-squats and weight shifts
- Isotonic leg press (0 - 90 degrees)
- 4 inch step ups
- Regular stationary bike if Flexion > 115
- Lateral step out with therabands
- Retro treadmill progressive inclines

**Week 6**

- Continue above exercises
- Brace to be worn. May be unlocked for ambulation.
- Half squats (0-40 degrees)

- Add ball squats  
Goal: 0 to 115 degrees, walking with no limp
- Initiate retro treadmill with 3% incline (for quad control)
- Brisk walking
- Progress balance and board throws
- 8 inch step ups
- 4 inch step downs
- Swimming allowed, flutter kick only

#### **Week 7-9**

- Advance ROM
- D/C brace if quad control adequate
- Retro treadmill progressive inclines
- Stairmaster machine
- Increase resistance on stationary bike
- Sport cord (bungee) walking
- Start slide board
- 6-8 inch step downs

#### **Week 10**

- Begin resistance for open chain knee extension
- Bike outdoors, level surfaces only
- Plyometric leg press
- Jump down's (double stance landing)
- Progress to light running program and light sport specific drills if:
  - Quad strength > 75% contralateral side
  - Active ROM 0 to > 125 degrees
  - Functional hop test >70% contralateral side
  - Swelling < 1cm at joint line
  - No pain
  - Demonstrates good control on step down

#### **Week 11-22**

- If full ROM, quad strength > 80% contralateral side, functional hop test >85% contralateral side, satisfactory clinical exam:
  - Progress to home program for running. Progress to hops, jumps, cuts and sports specific drills. Begin to wean from supervised therapy.