



## Post-Operative Protocol Meniscus Repair

This protocol is a criterion-based protocol, with a goal of maximizing healing and strength recovery, while minimizing risk of re-injury, so the athlete can return, as quickly and safely as possible, to athletic activities at the pace that each individual progresses.

***\*\*This is a summary of a clinical reference protocol, use the link below to view the protocol in its entirety\*\****

**Note: There may be discrepancies between protocols regarding brace wear and weight bearing, along with ROM please check with MD for specifics.**

### Post Operative Phase I: Approximately Day 1 – Week 4

ROM:

- A/PROM 0-90°

Brace/Weight Bearing:

- Keep brace locked in full extension, remove only to shower/bath
- Ambulate with brace locked in extension with partial weight bearing (50%) or foot flat weight bearing (10%) for radial tears
- No weight bearing with knee flexion

Treatment:

- Begin gentle patella mobs and scar mobs
- Begin strength/core training with weight bearing precautions
- Use NMES to assist with quad contraction if needed

### Post Operative Phase II: Approximately Week 4-6

Brace/Weight Bearing:

- Maintain brace wear with locked in extension, only remove to shower/bath
- WBAT with brace locked in full extension, foot flat touch down (10%) weight bearing if radial tear
- No weight bearing with 90° knee flexion

Treatment:

- Begin weight bearing activities with brace locked in extension (except radial tears) (can you remove brace for weight bearing activities in rehab not to 90 degrees? Such as mini squats? Ask M.D.)

### Post Operative Phase III: Approximately Week 6-12

ROM:

- Full A/PROM

Brace/Weight Bearing

- Discontinue brace
- WBAT, WBAT with crutches for radial tear and discontinue crutches at 8 weeks
- No weight bearing with knee flexion of 90°

Treatment:

- Begin plyometric training and backward walking

**Post Operative Phase IV: Approximately Months 3-4**

Weight Bearing:

- WBAT without AD

Treatment:

- Increase plyometrics program
- Initiate running program

**Post Operative Phase I: Approximately Months 4-6**

Treatment:

- Begin squatting month 4
- Sport-specific training
- Return to all full unrestricted pivoting activity at 6 months with M.D. approval

***[Link to clinical reference protocol](#)***