

# **Arthroscopic Meniscus Repair Protocol**

## **PHASE I**

### **0-2 weeks**

- Weight bearing as tolerated with crutches.
- Locked in extension (May remove for exercises).
- Passive flexion 0-90 degrees. Obtain full extension
- Heel slide, Quad and hamstring sets, patellar mobilizations, SLR., prone hangs.
- Ice 3x/day x20 minutes (Do not place directly on exposed skin)
- Modalities as needed.

### **2-6 weeks**

- Weight bearing as tolerated with crutches.
- Progressively open brace to 90 degrees.
- Advance ROM to full as tolerated.
- Limit WB exercises to flexion angles less than 90 degrees.

## **PHASE II**

### **6-12 weeks**

- Discontinue crutches. Full weight bearing.
- Discontinue brace at 6 wks. Full ROM.
- Stationary Bike.
- Wall sits and lunges
- Balance exercises.

## **PHASE III**

### **12-16 weeks**

- Full weight bearing, Full ROM.
- Advance closed chain strengthening, leg press, leg curls.
- Plyometric and proprioceptive training.