

Arthroscopic Meniscal Repair Rehabilitation Protocol

progression to the next phase should only be completed once patients have passed the goals of their current phase

	Brace	Weight Bearing	ROM	Exercises
0-2 weeks*	Locked in extension. To be worn at all times expect for hygiene / physio.	Weight bear as instructed, depending on tear type / repair	0-90 in therapy	Ankle pumps, quad sets (isometrics), SLR, patellar mobilizations, heel slides, hamstring isometrics
2-4 weeks	May remove to sleep & physio	As above	0-90	As above
4-6 weeks	May remove to sleep & physio	Progress weightbearing as instructed	FULL ROM + PROM	Progress to partial wall sits. Avoid deep flexion activities > 90
6-12 weeks	Discontinue use	Weight bear as tolerated, discontinue crutches when comfortable	FULL ROM + PROM	Progress closed-chain exercises, lunges (0-90), stationary bike, gentle leg press
12+ weeks	N/A	Normal gait pattern	FULL	Single leg strengthening, running, plyometrics, sport specific drills