



REHABILITATION PROTOCOL: MENISCUS REPAIR

DR. KEVIN SHEPET

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	TDWB in brace locked in extension*	Locked in full extension for sleeping and all activity Off for exercises and hygiene	0-90° when nonweight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ** No weight bearing with flexion >90°
PHASE II 2-8 weeks	2-6 weeks: Full in brace unlocked 0-90°	2-6 weeks: Unlocked 0-90° Discontinue brace at 6 weeks	As tolerated	Addition of heel raises, total gym (closed chain), terminal knee extensions** Activities w/ brace until 6 weeks; then w/o brace as tolerated No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 weeks Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD

*WB status may vary depending on nature of meniscus repair. Please refer to specific PT Rx provided to patient for confirmation of WB status

**Avoid any tibial rotation for 8 weeks to protect meniscus

Dr. Kevin Shepet

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