

PT PROTOCOL

Meniscus Repair

Rehabilitation Protocol

Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status depends on tear pattern, repair location, and any concomitant procedures performed (e.g., ACL reconstruction, cartilage procedure). Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____

1

Weeks 0–6

Protect repair; limit deep-flexion loading

2

6 Weeks

Brace discontinued per criteria; WB as tolerated

3

12 Weeks

Full WB & normal gait; begin jogging/running

4

Months 4–6

Gradual return to athletic activity

Milestones above are goals, not guarantees; progression is criterion-based and depends on tear pattern and repair type.

Phase 1

Weeks 0–6

Weight-Bearing: As tolerated with crutches.

Brace: Hinged knee brace for 6 weeks. Weeks 0–2: locked in full extension for ambulation and sleeping (removed for hygiene and PT). Weeks 2–6: unlocked for ambulation and removed for sleeping (also removed for hygiene and PT).

Range of Motion: AAROM progressing to AROM as tolerated. Weeks 0–4: full ROM, but no weight-bearing at flexion angles greater than 90°. Weeks 4–6: full ROM as tolerated, progressing flexion beyond 90°.

Therapeutic Exercises

- Quad and hamstring sets, heel slides, straight leg raises, co-contractions.
- Isometric abduction and adduction exercises.
- Patellar mobilizations.
- At 4 weeks: may begin partial wall-sits, keeping knee flexion under 90°.

Phase 2

Weeks 6–12

Weight-Bearing: As tolerated.

Brace: Discontinue once the patient can achieve full extension with no evidence of extension lag.

Range of Motion: Full active ROM.

Therapeutic Exercises

- Closed-chain extension exercises.
- Hamstring strengthening.

Phase 3**Weeks 12–16**

Weight-Bearing: Full, with normal gait pattern.

Range of Motion: Full and painless.

Therapeutic Exercises

- Continue quad and hamstring strengthening.
- Focus on single-leg strength.
- Begin jogging and running.
- Plyometric and sport-specific drills.

Phase 4**Months 4–6**

Goal: Gradual return to athletic activity as tolerated.

Therapeutic Exercises

- Gradual return to athletic activity as tolerated.
- Maintenance program for strength and endurance.