



## Meniscal Repair

Please discuss repair location, type, and tissue integrity with MD after initial evaluation to account for any modifications.

### Phase 1 – MOTION AND MOBILITY

#### Week 0-6

Patellar mobilizations, including quad & patellar tendon

Quad set progressing to SLR (with NMES, biofeedback)

Emphasize full knee extension motion (heel prop, prone hang, TKE's)

Heel slides for flexion per ROM precautions; no active knee flexion for 4 weeks \*

NO bike until 90° ROM limit is lifted

**ROM:** 0-90° x 4 weeks; advance ~10°/wk per MD orders

**Brace:** Locked in extension (weeks 0-6); advance ~10°/wk per MD orders

**Weight-bearing:** NWB for 2 weeks progressing to 25% on week 3. Then continue with 25% every week until reaching full weight bearing by 6 weeks. WBAT w/ brace locked in extension weeks 0-6

### Phase 2 – ENDURANCE

4-6 week brace unlocked for ambulation once patient demonstrates appropriate quad control

#### Week 7-12

Closed-chain progression (+/- including squat, lunge, step-up, bridge) shuttle, deadlift DL→SL

Balance progression: Progress from double leg to single leg; from stable to unstable surfaces

Bike for cardiovascular fitness, week 8 elliptical

Normalize gait mechanics

**ROM:** Full ROM with slow progression to terminal flexion **Brace:**

Optional hinged knee brace per surgeon, unlocked

Note: Non-athletes may be appropriate for discharge to independent home program at this time if able to complete work and life demands. Check for safety with stair negotiation and ambulation on uneven surfaces.

### Phase 3 – STRENGTH

#### Week 13-20

Increase sets/duration of closed-chain strengthening in varied proprioceptive environments  
Initiate squat jump progression from shuttle to gravity dependent position, DL→SL

No loaded deep knee flexion for 4-6 months

Sport cord test

### Phase 4 – AGILITY, POWER, RETURN TO SPORT

#### Week 20+

Sport-specific movement patterns practiced in supervised and controlled environment



Graded re-integration into sport activities with MD and PT clearance:

- Controlled, predictable environment → unpredictable drills, environment
- Individual → team drills
- Non-contact → contact

No loaded deep knee flexion x 4-6 months

Advanced plyometrics

Dynamic balance

**Return to Activities**

*See functional criteria*

Running: 4-5 months

Golf: Short irons at 5 months, full swing with long irons at 6 months. Delay 4-6 weeks if lead leg.

Pivoting/cutting sport: When functional criteria are met and cleared by surgeon, typically 6 months at earliest