

Meniscus Repair Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-2 weeks	Heel touch weightbearing with crutches	Locked in full extension for sleeping and all activity *Off for exercises and hygiene	0-90° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps, passive leg hangs to 90 No weight bearing with flexion >90° or tibial rotation to protect meniscus
Phase II 2-8 weeks	2-4 weeks: Heel touch WB with crutches 6-8 weeks: Progress to full WB	2-6 weeks: Brace worn while awake, unlocked 0-90° Discontinue brace at 6 weeks	As tolerated, caution with flexion >90° to protect meniscus	2-6 weeks: PROM/AAROM to tolerance, patella and tibiofibular joint mobs, floor and side-lying quad, hamstring, glutes, hip and core 6-8 weeks: Addition of heel raises, closed chain lower body, gait normalization, eccentric quads/hamstrings; advance core, glutes and pelvic stability 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, caution with flexion >90° to protect meniscus	Progress closed chain activities Begin unilateral stance activities, balance training, lunges/leg press 0-90°, proprioception exercises, progress core/hip/glutes, hamstring work
Phase IV 12-16 weeks	Full	None	Full	Progress Phase III exercises and functional activities; maximize core/glutes, pelvic stability work, eccentric hamstrings, balance Begin stationary bike at 12 weeks with low resistance Swimming okay at 12 weeks
Phase V >6 months	Full	None	Full	Start elliptical and running after 16 weeks Advance to sport-specific drills and running after 16-20 weeks as tolerated

*Brace may be removed for sleeping at 2 weeks