

KNEEbraska
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MENISCUS REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	PWB with crutches***	Locked in full extension for all activity and sleeping* Off for exercises and hygiene	0-90 when NWB	Heel slides, quad sets, patellar mobs, SLR, SAQ** NO weight bearing with > 90 degrees flexion
PHASE II 2-8 weeks	2-6 weeks: 50% WB with crutches 6-8 weeks: progress to FWB***	2-6 weeks: unlocked 0-90 degrees Off at night D/C at 6 weeks	As tolerated	Add: heel raises, total gym (closed chain), terminal knee extensions** Activities with brace on until 6 weeks then wean as tolerated NO weight bearing with >90 degrees flexion
PHASE III 8-12 weeks	Full	NA	Full	Progress closed chain activities Begin hamstring work, leg press/lunges 0-90 degrees, balance/hip/glutes/core Begin stationary bike
PHASE IV 12-20 weeks	Full	NA	Full	Progress Phase III and add functional activities (SLS, core, eccentric hamstrings, elliptical)
PHASE V >20 weeks	Full	NA	Full	Advance to sport-specific drills, running/jumping with surgeon clearance

*Brace may be removed for sleeping after first post-op visit (day 7-10).

**Avoid tibial rotation x 8 weeks to protect repair.

***Weight bearing status many vary depending on nature of repair. Please confirm WB status.