

Meniscal Repair

Mark D. Scholl, MD

PHASE I

Time frame: 0–4 weeks post-op

Protective Phase

- Brace at 0°-90° for 4 weeks.
- Lock brace in extension for WBAT ambulation with crutches 2 weeks, then WBAT brace 0°-90°.
- Gait training.
- Avoid hyperextension.
- Patella mobility: all planes.
- Passive and active ROM at 0°-90°.
- Quadriceps strengthening, VMO focus.
- Active SLR, quad sets, ankle pumps.
- Multi-plane hip strengthening as tolerated.

PHASE II

Time frame: 4-8 weeks post-op

Early Strengthening

- Progress ROM. Unlock brace. AROM only for flexion until week 6, then PROM is OK.
- Progress to closed chain strengthening bilateral LE.
- Single leg closed chain after week 6 when swelling and strength allow.
- No open knee extension.
- Stationary bike OK week 4.
- Elliptical OK week 6.
- Hydrotherapy running: in-line only (no lateral).
- Proprioception.
- Core conditioning and strengthening.

Phase III

Time frame: 8-12 weeks post-op

Advanced Strengthening

- Progress out of brace.
- No ROM restrictions.
- Treadmill running, progress to road and trail by week 12.
- Increase resistance on bike and elliptical.
- Focus on endurance.
- Moderate intensity plyo and total gym.
- Avoid rotation/lateral pivot.
- Progressive resistance individualized to patient progress.

PHASE IV

Time frame: 12+ weeks post-op

Return to Sport

- Begin sport-specific program
- Progressively institute jump-land/rotation/lateral pivot.
- Sprinting/ballistics/increased intensity plyo.
- Follow-up with MDs for RTS evaluation when progress is appropriate.



ENDURANCE
ORTHOPEDICS AND SPORTS MEDICINE

801-424-5042

4888 S. Highland Drive
Salt Lake City, UT 84117

EnduranceOrtho.com

9350 S. 150 E., Suite 460
Sandy, UT 84070