

ARTHROSCOPIC MENISCUS REPAIR REHABILITATION PROTOCOL

PHASE I (0 – 6 weeks)

WBAT with crutches for 6 weeks. 0 – 2 weeks lock brace in extension and remove for exercise and hygiene. 2 – 4 weeks unlock brace. Discontinue brace at 4 – 6 weeks. 0 – 4 weeks full ROM with no weight bearing at degrees greater than 90 degrees flexion. 0 -4 weeks heel slides, ankle pumps, quadriceps sets, SLR, SAQ, co-contractions isometric ABD/ADD, patellar mobilization, ankle strength.

PHASE II (8 weeks – 12 weeks)

WBAT and full ROM. Progress closed-chain exercise and begin hamstring work, lunges 0 – 90 degrees, proprioception exercises, leg press 0 – 90 degrees, begin stationary bike.

PHASE III (12 weeks – 16 weeks)

Progress phase II exercises. Emphasis on single leg strength, running, plyometrics and sport specific drills.