Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol:
Complex Meniscus Repair

Phase I:
0-6 weeks

- Brace: Locked at 0 degrees extension for ambulation 0-6 wks & sleeping x 2 wks
- ROM: Active/Passive ROM 0-90, emphasis on extension
- Weightbearing: NWB in brace in extension in crutches until 6 wks postop
- Exercises:
    - Patella mobilization
    - Straight leg raise supine with brace locked at 0 degrees
    - Quad sets
    - Heel slides
    - Ankle pumps

Phase II:
6-8 weeks

- Brace: Discontinue hinge knee brace when quad strength adequate, may recommend transition to unloader brace
- ROM: full
- Weightbearing: transition to PWB then WBAT; d/c crutches when gait normalized
- Exercises:
    - Wall sits to 90 degrees
    - No weightbearing with knee flexion past 90 degrees

Phase III:
8-12 weeks

- Brace: none vs unloader brace
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
    - Progress with closed chain exercises
    - Lunges from 0-90 degrees
    - Leg press 0-90 degrees
    - Proprioception exercises
    - Begin stationary bike

Phase IV:
12-16 weeks

- Brace: none vs unloader brace
- ROM: full
- Weightbearing: WBAT in unloader brace
- Exercises:
    - Progress strengthening exercises
    - Single leg strengthening
    - Begin jogging and progress to running
    - Sports specific exercise
- Return to sport guided by MD clearance, typically ~6 months postop

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