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**ARTHROSCOPIC MENISCUS REPAIR
REHABILITATION PROTOCOL**

| | WEIGHT BEARING | BRACE | ROM | THERAPEUTIC EXERCISE |
|---------------------------|--|---|--|---|
| Phase 1 | | | | |
| 0-6 weeks | 0-6 wks: weight bearing as tolerated with crutches unless otherwise directed | 0-2 wks: locked in extension (remove for hygiene/exercise) 2-4 wks: unlocked (remove for exercise/hygiene/sleep) | 0-4 wks: Full ROM w no weight bearing at flexion angles of 90° or more 4-8 wks: Full ROM w PROM as tolerated with flexion angles of 90° or more | 0-4 wks: heel slides, quad sets SLR, SAQ, co-contractions isometric ab/adduction, patellar mobilization, ankle strength 4-8 wks: partial wall sits, no greater than 90°, TKE |
| | 6-8 wks: wean from crutches | discontinue between 4-6 wks | | |
| Phase 2 | | | | |
| 8 weeks- 12 weeks | FWB without crutches | None | Full active ROM | Progress closed-chain exercise begin hamstring work, lunges 0-90°, proprioception exercises, leg press 0-90°, begin stationary bike |
| Phase 3 | | | | |
| 12 weeks- 16 weeks | Full with normal gait pattern | None | Full | Progress phase 2 exercises focus on single leg strength running, jogging, plyometrics, sport specific drills |

NOTE: Patients should avoid tibial rotation for 4-6 weeks