



## **Meniscal Repair PT Protocol**

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#### **Phase I (0-4 weeks):**

- 0-2 weeks: non weight bearing with long leg brace
- 2-6 weeks: 4 point gait with long leg brace
- AROM no greater than 90<sup>0</sup> (limit flexion to pain free ROM)
- Quad sets/SLR
- Patellar mobilization
- Decrease effusion
- Cardio: UBE

#### **Phase II (6-12 weeks):**

- Caution: avoid deep loaded flexion with squatting until 12 weeks
- WBAT: small brace
- Nonimpact balance and proprioceptive exercises
- Gait training
- Hip and core strengthening
- Quad strengthening: closed chain exercises less than 60<sup>0</sup> of flexion
- Patellar mobilization
- Decrease effusion
- Cardio: stationary bike, swimming

#### **Phase III (12+ weeks):**

- Continue above exercises
- Impact control exercises (begin 2 feet to 2 feet, then progress to 1 foot to the other, then 1 foot to the same foot)
- Movement control exercise (being low velocity/single plane and progress to high velocity/multi plane)
- Other sport specific exercise (anticipated return to sport: 4-6 months depending on progress and sport)