

Meniscal Repair Rehabilitation

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Phase 1: 0-6 weeks

Goals

- 0-4 weeks: Full ROM with no weight bearing beyond 90° of flexion
- 4-8 weeks: Full ROM with PROM as tolerated beyond 90° of flexion

Brace

- 0-4 weeks: locked in extension (remove for shower/exercises)
- 4-6 weeks: discontinue brace
- 0-6 weeks for radial or root tears only brace locked in extension

Weight bearing (WB)

- 0-2 weeks: partial WB in brace with crutches
- 2-4 weeks: full WB in brace
- 0-6 weeks: partial WB in brace for radial or root tears only

Exercises

- 0-4 weeks:
 - Heel slides, quad sets, SLR, SAQ
 - Co-contractions isometric ab/adduction
 - Patellar mobilization, NWB core and lumbopelvic strengthening, ankle strength
- 4-8 weeks:
 - Partial wall sits up to 90°
 - Avoid tibial rotation for 4-6 weeks

Phase 2: 6-12 weeks

Goals

- Full active ROM

Weight bearing

- Full WB without crutches

Exercises

- Progress closed chain exercises, hamstring work, proprioception exercises
- Lunges and leg press 0-90°, stationary bike, WB core and lumbopelvic strengthening

Phase 3: 12-16 weeks

Goals

- Full ROM with normal gait pattern

Exercises

- Progress phase 2 exercises. Full squats after 12 weeks
- Focus on single leg strength, core/lumbopelvic, running, jogging, plyometrics
- Sport specific drills

Note: Radial and root tears: partial WB with crutches in brace locked for 6 weeks