



**Matthew D. Collard, D.O.**  
Worker's Compensation  
Arthroscopy/Sports Medicine  
Extremity Trauma  
Joint Replacement Surgery

2325 Dougherty Ferry Rd, Ste. 100  
St. Louis, MO 63122  
(314) 909-1359 Fax (314) 909-1370  
[www.storthopecialists.com](http://www.storthopecialists.com)

## Meniscus Repair Rehabilitation Protocol

The following is a protocol for post-operative patients following meniscus repair. The primary goal of this protocol is to protect the repair while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Patients with additional surgery (i.e. collateral ligament repair) will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

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### **Phase I: Protective Phase (Weeks 1-2)**

**Brace:** Immobilized

**Weight Bearing:** Non weight bearing

**ROM Goals:**

**Extension:** Full

**Flexion:** 90 degrees

**Therapeutic Exercises:**

**Strengthening:** Quad sets, four-way straight leg raises

**Proprioception:** Weight shifting

**Conditioning:** UBE

**Manual Therapy:** Patellar mobilization

**Cryotherapy:** Six to eight times a day for 20 minutes

### **Phase II: Motion Phase (Weeks 3 to 4)**

**Brace:** Immobilized

**Weight Bearing:** Partial weight bearing

**ROM Goals:**

**Extension:** Full

**Flexion:** 90 degrees

**Therapeutic Exercises:**

**Strengthening:** Quad sets, four-way straight leg raises

**Proprioception:** Weight shifting

**Conditioning:** Stationary bike, less than 15 minutes

**Manual Therapy:** Patella and joint mobilization, passive knee flexion to 90 degrees, peri-patellar soft tissue mobilization.

### **Phase III: Strengthening Phase (Weeks 5 to 6)**

**Brace:** Off

**Weight Bearing:** Progress to full weight bearing

**ROM Goals:**

**Extension:** Full

**Flexion:** 120 degrees

**Therapeutic Exercises:**

**Strengthening:** Closed chain, ½ squats, step-downs, etc.

**Proprioception:**

Weight shifting

Balance activities

**Conditioning:**

UBE

Stationary bike

**Manual Therapy:** Patella and joint mobilization, passive knee flexion to 120 degrees, peri-patellar soft tissue mobilization.

**Phase IV: Advanced Strengthening Phase (Weeks 7 to 8)**

**Therapeutic Exercises:**

**Strengthening:**

Closed chain

Multi plane single leg

Hamstrings

**Proprioception:**

Weight shifting

Single leg balance activities

**Conditioning:**

UBE

Stationary bike

**Manual Therapy:** Patella and joint mobilization.

**Phase V: Conditioning Phase (Week 9, Month 4)**

**Therapeutic Exercises:**

**Strengthening:**

Closed chain

Multi plane single leg

Hamstrings

**Proprioception:**

Weight shifting

Excursion testing

Balance Activities

**Conditioning:**

UBE

Stationary bike

Stair climber

Elliptical machine

Ski machine

**Phase VI: Return to Sport and Function Phase (Month 5 - 6)**

**Month 5:**

**Therapeutic Exercises:**

**Conditioning:** Running straight

**Month 6:**

**Therapeutic Exercises:**

**Conditioning:** Cutting

**Note:** Return to sport based on provider team input and appropriate testing.

All times and exercises are to serve as guidelines. Actual progress may be faster or slower, depending on each individual patient, as agreed upon by the patient and his/her team of providers.