

REHABILITATION PROTOCOL: ARTHROSCOPIC KNEE MENISCUS REPAIR

☐ Phase 1 (Weeks 0-6)

- Non-weight-bearing with crutches for 6 weeks
- Hinged knee brace for 6 weeks
 - Weeks 0-2: Locked in full extension for ambulation and sleeping, remove for hygiene and PT
 - Weeks 2-6: Unlocked for ambulation and removed while sleeping, for hygiene, and PT
- Range of motion
 - AAROM → AROM as tolerated
 - Weeks 0-4: Full ROM, no weight bearing at flexion angles greater than 90°
 - Weeks 4-6: Full ROM as tolerated, progress to flexion angles greater than 90°
- Therapeutic exercises
 - Quad and hamstring sets, heel slides, straight leg raises, co-contractions
 - Isometric abduction and adduction exercises
 - Patellar mobilizations
 - At 4 weeks: Can begin partial wall-sits, keep knee flexion angle less than 90°

☐ Phase 2 (Weeks 6-12)

- Weight bearing as tolerated
- Hinged knee brace
 - Discontinue when patient able to achieve full extension with no evidence of extension lag
- Range of motion
 - Full active ROM
- Therapeutic exercises
 - Closed chain extension exercises, hamstring strengthening

☐ Phase 3 (Weeks 12-16)

- Weight bearing
 - Full with normal gait pattern
- Range of motion
 - Full and painless
- Therapeutic exercises
 - Continue with quad and hamstring strengthening
 - Focus on single-leg strength
 - Begin jogging and running
 - Plyometric and sport-specific drills

☐ Phase 4 (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance