

# MENISCAL REPAIR

REHAB PROTOCOL | CATHERINE A. LOGAN, MD, MBA, MSPT  
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## RESTRICTIONS:

### WEIGHT BEARING

NWB x 6 weeks

### BRACE SETTINGS:

0-0 x 2 weeks

### ROM:

PROM 0-90 x 2 weeks,  
then full PROM

Do **NOT** rest with  
a pillow under  
your knee

## QUICK TIPS

The use of ice and  
compression reduces  
need for narcotics post-  
op

Early emphasis on full  
passive extension &  
gentle patellar mobility

## STAGE I (EARLY RECOVERY): WEEK 0 TO 6

### GOAL

+ Protect surgical repair. Begin PT 3-5 days after surgery. PT 2 times per week.

### MOTION

+ Patella mobilizations, extension mobs/manual therapy  
+ Flexion/extension supine wall slides, flexion/extension seated AAROM  
+ Stretches – hamstring seated with towel

### THERAPEUTIC EXERCISE

+ Ankle pumps, isometric quad sets → SLR with NMES, glute sets (*no hamstrings sets until week 7*).  
+ **Week 3** begin toe and heel raises

### CARDIOVASCULAR EXERCISE

+ Bike with well leg only, upper body circuit training

### OTHER

+ Keep incision and sutures dry.  
+ Ice/compression, edema control

**2-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC**  
**6-WEEK MD FOLLOW-UP @ DR. LOGAN'S CLINIC**

## STAGE II: WEEK 7 TO 10

### GOAL

+ Increase muscular endurance. PT 2 times per week.

### MOTION

+ Patella mobilizations, extension mobs/manual therapy  
+ Flexion/extension supine wall slides, flexion/extension seated AAROM  
+ Stretches – hamstring seated with towel

### THERAPEUTIC EXERCISE

+ Continue: ankle pumps, SLR with NMES  
+ Begin: hamstring sets double knee bends (shallow squat), double leg bridges, reverse lunge (static hold), open chain hip abd/extension in supine or standing

### CARDIOVASCULAR EXERCISE

+ Bike with both legs (no resistance), treadmill walking (add incline **Week 9**)

### OTHER

+ Gait training and crutch weaning

## **STAGE III: WEEK 11 TO 16**

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### **GOAL**

+ Increase muscular strength. PT 1-2 times per week.

### **MOTION**

+ Mobilization and stretching maintenance program

### **THERAPEUTIC EXERCISE**

+ Continue: ankle pumps, SLR with NMES, hamstring

+ Progress: double knee bends → balance squats, double leg bridges → bridge on ball, reverse lunge, open chain hip abd/extension in standing with cord resistance

+ Begin: single leg deadlifts, leg press.

### **CARDIOVASCULAR EXERCISE**

+ Bike with both legs with resistance, treadmill walking (up to 7% incline), upper body circuit training

+ **Week 12** may begin elliptical trainer and rower

### **OTHER**

+ Continue gait training

**3-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC  
WITH EXERCISE TESTING**

## **STAGE IV: WEEK 16+**

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### **GOAL**

+ Return to preferred activities/sport. PT 1 time/week → bi-weekly.

### **MOTION**

+ Mobilization and stretching maintenance program

### **THERAPEUTIC EXERCISE**

+ Continue: balance squats, reverse lunges, SL deadlift, leg Press.

- Advance with dumbbells/added resistance and/or surface variations

+ Begin: agility exercises in single plane, progress to multi-directional **week 20**

### **CARDIOVASCULAR EXERCISE**

+ Continue: bike with resistance, treadmill walking with incline as tolerated, upper body circuit training, elliptical trainer, rower or stair stepper

+ Begin: running progression: begin flat, straight line → progress as tolerated

### **OTHER**

+ Sport/Activity based training exercises

+ Return to sport/activity testing at 5-month follow-up

**5-MONTH MD FOLLOW-UP @ DR. LOGAN'S CLINIC**

### **FOLLOW UP:**

2 weeks

6 weeks

3 months\*

5 months\*

1 year

### **RETURN TO SPORT:**

Return to sport should not occur until testing indicates 85% or greater results compared to uninvolved leg

*Exercise testing to be performed at Dr. Logan's office at 3 & 5 months.*

\*Please wear athletic clothes and shoes for exercise testing

### **HIGH LEVEL ACTIVITIES**

Outdoor biking, hiking, snowshoeing will generally begin ~4-mos post-up.

Higher level activities, skiing, basketball, tennis, etc is allowed ~20 weeks after surgery → Exercise Testing at the 5-month follow-up will ultimately determine readiness.