Meniscus Repairs - Rehabilitation Protocol Summary

	Weeks					Months			
	1-2	**3-4**	**5-6**	**7-8**	**9-12**	**4**	**5**	**6**	**7-12**
Long-leg hinged knee brace:	x	x	x						
ROM minimum goals:									
0-90°	x								
0-120°		x							
0-135°			x						
Weight-bearing:									
Toe touch to 25%	x								
50% to 75%		x	x						
100%			?	x					
Patella mobilization:	x	x	x						
Stretching: hams, quads, ITB, calf	x	x	x	x	x	x	x	x	x
Strengthening:									
Quad Isometrics, SLR's, & active knee extension	x	x	x	x	x	x	x	x	x
Closed-chain: gait retraining, toe raises, wall-sits, mini-squats			x	x	x	x	x	x	x
Hip abd-add, multi-hip, core		x	x	x	x	x	x	x	x
Knee extension quads (90-30°)			x	x	x	x	x	x	x
Hamstring curls (90°)				x	x	x	x	x	x
Leg press (70-10°)				?	x	x	x	x	x
Balance/proprioception training:									
Weight shifting, mini-tramp, BAPS, plyometrics		x	x	x	x	x	x	x	x
Conditioning:									
Upper body ergometer		x	x	x					
Bike (stationary)				x	x	x	x	x	x
Walking					x	x	x	x	x
Aquatic program					x	x	x	x	x
Swimming (kicking)					x	x	x	x	x
Stair-climbing machine					x	x	x	x	x
Ski machine					?	?	?	x	x
Running straight:						?	x	x	x
Cutting: lateral carioca, figure-eights							?	x	x
Full sports:							?	?	x

? -small peripheral red-red repairs