



Meniscus Repair Post-Op Rehabilitation

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I GOALS

- 1) Manage inflammation (Cryo-Cuff, NSAIDs, etc.)
- 2) Controlled gains in range-of-motion
- 3) Early maintenance of strength
- 4) Immediate weightbearing in full extension
- 5) Brace – Extension Lock Brace (ELS)

II 0 – 1 WEEK

ROMs	0° - 90° non-weightbearing, patellar slides
Weightbearing	PBAT in full extension (brace locked)
Strength	controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
Brace	locked in extension

III 1 – 4 WEEKS

ROMs	achieve 0° - 90°, patellar slides
Weightbearing	PBAT, brace locked
Strength	continue 0 – 1 week exercises
Brace	locked in extension

IV 4 – 6 WEEKS

ROMs	advance to normal ROMs, no flexion loading beyond 90° flexion
Strength	<u>quads</u> – mini squats, closed chain exercises <u>hamstrings</u> – start hamstring curls, hip extension and flexion, calf exercises
Weightbearing	begin normal gait training, initially unlock brace and then wean from brace over the next 2 weeks

V 6 WEEKS

ROMs	achieve normal ROMs
Strength	continue 4-6 weeks protocol
Weightbearing	WBAT without brace
	<ul style="list-style-type: none"> • Watch flexion loads beyond 90° flexion (stresses the repair)

VI	<u>> 6 WEEKS</u>	Home program
VII	<u>4 MONTHS</u>	Resume athletic activities
VIII	<u>6 MONTHS</u>	Allow hyperflexion and squatting at this time