



MENISCUS REPAIR PROTOCOL

Matthew Yousif, DO

- 0-2 weeks Post-op brace locked at 0° including for sleep. Touch down weight bearing, intermittent passive ROM extension to 0° flexion to 90°. Initiate prone hang, quad sets, straight leg raises, heel digs, patellar mobilizations, and 4 way ankle tubing.
- 2-4 weeks Add active quads against gravity 90°-20°, hamstrings against gravity 20°-90°, and hip exercises.
- 4-6 weeks Graduated program of ROM for flexion and extension; stationary bike arc for ROM.
- 6 weeks Initiate 1/3 WB and increase by 1/3 every 3-5 days, PREs as above add calf raises, hamstring bendovers, minisquats 0-30°, proprioceptive activities (clock steps), and SAQ against gravity.
- 8-10 weeks D/C brace, PREs full range quads and hamstrings, continue minisquats 0-60°, leg press, initiate step-ups then step-downs, elliptical, and stairmaster.
- 10-12 weeks Slideboard, multidirectional stepping.
- 3-6 months Focus on cardiovascular conditioning and sport specific training. Initiate graduated return to sports/activities program if running criteria is met. Outdoor biking and swimming (Avoid breaststroke or frog kicking).
- 4-5 months May begin light agilities.

6 months Return to sports.