



## Meniscal Repair Rehabilitation: Peripheral Tears

### Phase 1: Maximum Protection Phase (Weeks 1-4)

**Goals:** Control inflammation/effusion  
Allow early healing  
Full passive knee extension  
Gradually increase knee flexion  
Independent quad. Control

#### Stage 1: Immediate post-surgery days 1-7

- Ice, compression, elevation
- Brace locked at 0 degrees for ambulation and sleeping only
  - Brace may be unlocked during sitting etc.
- ROM (Passive 0-90)
- Patellar mobilization
- Strengthening exercise:
  - Quad Sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee Extension 60-0 degrees
- Weight Bearing: 25-50% WB as tolerated with 2 crutches
- Avoid active knee flexion

#### Stage 2: Weeks 2-4

- Continue use of ice and compression
- Brace locked for ambulation
- ROM Guidelines
  - Gradually increase PROM
  - Week 2: 0-90 degrees
  - Week 3: 0-105 degrees
  - Week 4: 0-120 degrees
- Weight bearing guidelines-> Continue to lock brace
  - Week 2: 50% WB
  - Week 3: FWB
  - \*Discontinue crutches when safe and proper gait (usually 3-4 weeks)
- Strengthening Exercises:
  - SLR (all 4 planes)
  - Knee Extension 90-0degrees
  - Heel Slides
- Bicycle (once ROM appropriate)



\*Avoid twisting, deep squatting, stooping

\*Avoid hamstring curls

## **Phase 2: Moderate Protection Phase (5-8 weeks)**

**Goals:** Full PROM

No Swelling/inflammation

Re-establish muscle control

Proper gait pattern

- Continue use of ice and compression
- Continue ROM and progress to 0-135 Degrees
- Progress strengthening exercises Phase I
  - Heel slides
  - Knee extension 90-0 Degrees
  - Standing hamstring curls
  - Mini- squats 0-45 degrees
- Begin Level Two agility
  - Cup walking
  - Planks
  - Bridging
  - Steamboats 4 way (involved leg down)
  - Ball roll: for, side and back (involved leg down)
  - Heel raises
- Light strengthening Phase II: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
- Bicycle (as ROM permits)
- Pool Program
- Discontinue Brace at 4-5 Weeks

\*Avoid twisting, pivoting, running and deep squatting

## **Phase 3: Controlled Activity Phase (9-16)**

**Goals:** Improve strength and endurance

Maintain Full ROM

Gradually increase applied stress

### Week 9 to Week 11

- Continue all strengthening exercises listed above
- Initiate Dynamic warm-up
- Initiate Form Stepping (progress from walk pace to fast step pace)
- Initiate light resistive hamstring curls
- Initiate elliptical
- Toe calf raises

**RESULTS PHYSICAL THERAPY**  
(916) 362-7962 (916) 362-7963 fax  
9500 Micron Ave #106 •  
Sacramento, CA 95827

**RESULTS PHYSICAL THERAPY OF CARMICHAEL**  
(916) 536-9130 (916) 536-9317 fax  
6403 Coyle Ave. ste. 350  
Carmichael, CA 95608

**RESULTS PHYSICAL THERAPY OF MURIETA**  
(916) 354-0719 (916) 354-1187 fax  
7281 Lone Pine Drive D106 · P.O. Box 955  
Rancho Murieta, CA 95683

[www.resultstherapy.com](http://www.resultstherapy.com)



- Progress balance training
- Progress to isotonic strengthening program

#### Week 12 –15

- Continue Strengthening and stretching program
- Continue dynamic warm-up
- Form running: progress from fast pace walk to trot to jog pace
- Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)
- Begin step ups and step downs
- Initiate pool running

#### **Phase 4: Return to Activity Phase (4-6 month)**

**Goals:** Improve strength and endurance  
Prepare for unrestricted activities

#### Criteria to Progress to Phase 4

- Full non-painful ROM
- No pain or tenderness
- Satisfactory clinical exam

#### Exercises

- Continue and progress all strengthening exercises and stretching drills
- Deep squatting permitted at 4 months
- Initiate jumping program Ankle jumps, two-legged hop, two –legged jumps, single leg, etc...
- Initiate straight line running at 4 months
- Initiate pivoting and cutting: 5 months
- Initiate agility training: 5 months
- Initiate jumping program at 6 months: Ankle jumps, two-legged hop, two –legged jumps, single leg, etc...
- Gradually return to sport drills at : 6 months
- Non contact practice 7 months
- Full competition non contact sports 8 months
- Full competition full contact 9 to 12 months