



Post-operative Rehabilitation Protocol

Meniscal Repair

Phase 1 (0-6 weeks post op):

Goals	<ul style="list-style-type: none"> Minimize pain Reduce edema
Brace/Precautions/ Crutch Use	<ul style="list-style-type: none"> Brace to be worn and set at 0-90° for 6 weeks post op Brace to remain unlocked at all times following resolve of nerve block Brace may be removed for hygiene and therapy 50% weight bearing with crutches for 6 weeks post op
Range of Motion	<ul style="list-style-type: none"> 0-90° with no forced flexion
Strengthening	<ul style="list-style-type: none"> Restore quadriceps recruitment through strengthening exercises
Home Instructions	<ul style="list-style-type: none"> Keep surgical dressings clean and dry Change surgical bandages on the 2nd day after surgery (keep covered until first clinic visit) Can bathe on the 2nd day after surgery (do not scrub, soak, or submerge the incisions)
Suggested Exercises	<ul style="list-style-type: none"> Quadriceps/HS sets Patella Mobilizations Straight leg raises 4-way hip strengthening Heel Slides AAROM focus on full extension if lacking Stationary Bike with seat high, lower to normal seat height as tolerated Aquatic therapy (after first post-op visit) Leg extension and curls within ROM restrictions

Phase 2 (6-10 weeks post op):

Goals	<ul style="list-style-type: none"> Improve muscular strength and endurance Full, pain-free ROM Restore normal gait Improve balance and proprioception
Brace/Precautions/ Crutch Use	<ul style="list-style-type: none"> Progress to full weight-bearing, normal gait Patients may require ambulating with 1 crutch while working on restoring normal gait Patient can ambulate without assistive devices once quadriceps recruitment and normal gait is restored
Range of Motion	<ul style="list-style-type: none"> Restore full active ROM
Strengthening	<ul style="list-style-type: none"> Progress strengthening exercises Progress to closed-chain exercises with resistance
Home Instructions	<ul style="list-style-type: none"> Restore normal activities of daily living

Suggested Exercises	<ul style="list-style-type: none"> • Treadmill, stairmaster, or elliptical trainer exercises • Lunges • Leg press • Closed chain terminal knee extension • Full squats • Step downs (front to back and lateral) • 4-way standing hip exercise • Balance training
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Phase 3 (10 weeks +):

Goals	<ul style="list-style-type: none"> • Restore pre-operative activity level • Enhance muscular strength/endurance
Crutch Use	<ul style="list-style-type: none"> • Full weight-bearing without crutches
Range of Motion	<ul style="list-style-type: none"> • Maintain full ROM
Strengthening	<ul style="list-style-type: none"> • Progress to activity-specific strengthening exercises • Being plyometric/jumping exercises • Begin running program (through walk-run progression) • Begin cutting and agility exercises
Home Instructions	<ul style="list-style-type: none"> • Restore normal activities of daily living • Restore pre-operative activity level

For any questions about operative details or rehabilitation guidelines, please contact the respective surgeon's Athletic Trainer at the contact information found at this link: <https://med.virginia.edu/orthopaedic-surgery/orthopaedic-divisions/sports-medicine/protocols/>