



Rehabilitation Protocol: **Arthroscopic Meniscus Repair**

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension (may remove for exercises).	Passive flexion 0 – 90 degrees. Obtain full extension.	Heel slides, Quad and hamstring sets, Patella mobilizations, Straight leg raises, Prone hangs. ICE 3x/day x 20 minutes (Do not place directly on exposed skin) Modalities as needed.
2-6wks	As tolerated (WBAT) with crutches.	Progressively open brace to 90 degs.	Advance ROM to full as tolerated.	Limit WB exercise to flexion angles less than 90 degs.
PHASE II 6 – 12 weeks	Discontinue crutches. Full weight bearing.	Discontinue brace at 6wks.	Full ROM	Stationary bike. Wall sits and lunges. Balancing exercises.
PHASE III 12 - 16 weeks	Full weight bearing.		Full ROM	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training.

LOCATIONS

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