

# Meniscal Repair Protocol

## PHASE I (1-6 WEEKS):

### **Stage 1 (1-3 weeks):**

- ROM 0°-90°
- Patellar mobilization
- Scar tissue mobilization
- Passive ROM
- Quadriceps isometrics
- Hamstrings isometrics
- Hip ABD & ADD
- Proprioception training

### **Stage 2 (4-4 weeks):**

- Progressive resistive exercises (PRE's)
- Limited-range knee extension
- Toe raises
- Mini-squats
- Cycling (no resistance)
- Theraband exercises
- Flexibility exercises

## PHASE II (6-10 WEEKS):

- Progress PREs
- Lateral step-ups
- Isokinetic exercises
- Cycling
- Stair machine
- Balance exercises
- Pylometric program

## PHASE III (11-15 WEEKS):

- Progress all exercises
- Begin running program

### References:

Brotzman SB, Wilk KE. *Clinical Orthopaedic Rehabilitation*. 2<sup>nd</sup> ed. Philadelphia, PA: The Curtis Center; 2003.