

**MENISCUS REPAIR (SIMPLE/PERIPHERAL TEAR)
 REHABILITATION PROTOCOL**

| | Weightbearing | Brace | Motion | Therapeutic Exercises |
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| PHASE I Stage 1 0 to 10 days | 50% partial weightbearing (PWB) with crutches | Locked in 0° (full extension) for sleeping and ambulation; unlocked while sitting | Passive range of motion (ROM), 0° to 90° | Patellar mobilizations. Hamstring and calf stretches. Strengthening exercises: quad sets, single leg raise hip flexion, hip abduction/adduction, knee extension from 60° to 0°. <i>Avoid active knee flexion.</i> |
| PHASE I Stage 2 2 to 4 weeks | Weightbearing as tolerated (WBAT) | Locked in 0° (full extension) for sleeping and ambulation; unlocked while sitting | Passive ROM, 0° to 100° week 2, 0° to 120° week 3, 0° to 135° week 4 | Gently increase passive ROM—0° to 100° week 2, 0° to 120° week 3, 0° to 135° week 4. Gait normalization—discontinue crutches by week 4. Continue passive ROM exercises and gentle stretching. Strengthening exercises: multi-angle quad isometrics, single leg raises in all 4 planes, knee extension from 90° to 0°, closed kinetic chain (CKC) mini-squats (0° to 45°), CKC wall squats, CKC weight shifts (diagonal). Balance training (cup walking). Begin stationary bike on (no resistance) when ROM appropriate. <i>Avoid twisting, deep squatting, and stooping. Avoid hamstring curls and open chain exercises.</i> |
| PHASE II 5 to 8 weeks | WBAT | Weeks 5-6: Unlocked for ambulation once full ROM (0° to 135°) and sufficient strength, locked at 0° for sleeping Weeks 7-8: Discontinue once ambulating normally with brace unlocked | Maintain 0° to 135° motion | Continue stretching and ROM exercises to maintain full arc of motion 0° to 135°. Progress strengthening exercises: leg press 0° to 70°, knee extension 90° to 40°, hip abduction and adduction, wall squats 0° to 70°, vertical squats 0° to 60°, lateral step-ups. Balance/proprioceptive training: biodex stability, rocker board squats, cup walking. Stationary bike on low resistance. May begin pool program. <i>Avoid twisting, pivoting, running, and deep squatting.</i> |
| PHASE III 9 to 16 weeks | Full | None | Maintain full, pain-free motion | Week 9: Continue and progress all strengthening exercises. Initiate light resisted hamstring curls. Initiate stair stepper. Toe calf raises. Progress balance training. Progress to isotonic strengthening program. Week 12: Continue strengthening and stretching program. Initiate pool running. |
| PHASE IV 4 to 6 months | Full | None | Maintain full, pain-free motion | Continue and progress strengthening exercises and stretching drills. Deeper squatting permitted at 4 months. Initiate straight-line running at 4 months. Begin pivoting and cutting drills and agility training at 5 months. Gradual return to sports at 6 months. |