



PT Protocol
Meniscus Repair
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Phase 1: 0-6 Weeks

Goals

Protect the repair, decrease pain and swelling, activate quads, ADL strategies

Brace

Locked in extension for weight bearing (WBAT) first 4 weeks
4-6 weeks unlocked for supervised gait training in PT
May unlock when not weight bearing after 1 week

Range of Motion

Week 0-1: remain in extension
Week 2-4: allow 0-90 degrees when not weight bearing
Weeks 5 and 6: full range allowed (do not push hyper flexion)

Strength

SLRs, quad sets, hip abduction and extension, calf raises
After 4 weeks, mini squats, hamstring curls to 75 degrees
Single leg balance
Supervised gait training
UBE

Criteria for Discontinuation of Brace

After 6 weeks, 30 SLRs, 60 second single leg balance, normal gait in PT



Phase 2: 6-12 Weeks

Goals

Full range of motion, discontinue brace, normalize gait, prepare for jogging
*Avoid flexion loading greater than 90 degrees

Brace

Discontinue when criteria met

Range of Motion

Achieve full motion, delay weighted knee flexion beyond 90 degrees

Strength

Body weight squats, wall squats, advance to lunges and single leg squats less than 90 degrees of knee flexion

Core and hip strength

Romanian dead lifts (RDLs)

Blood Flow Restriction (BFR) training

Conditioning

Bike (beginning with low resistance), elliptical after 8 weeks

Swimming (no breaststroke kick)

Criteria for Jogging

Twelve weeks post op, full range of motion, 80% quad and hamstring strength, single leg hops continuously for 1 minute

Phase 3: 3-6 Months

Goals

Return to full activity

Range of Motion

Full range allowed, but avoid weighted flexion beyond 120 degrees until 6 months

Strength

Weighted squats and dead lifts

Limit knee flexion to 90 degrees until 4 months post op

Limit knee flexion to 120 degrees until 6 months post op

Lateral band walking

Power cleans

BFR

Conditioning

Jogging when criteria met

Advance intensity and duration on bike, elliptical

Swimming

Jump rope

Plyometrics and Agility

After 4 months

Box jumps, bounding, broad jumps

Speed ladder

Sprinting and lateral movements

Sport specific drills

Criteria for Return to Full Activity

6 months post op

95% quad and hamstring strength

Full sprint without limp

Pass all single leg hop tests