

Rehabilitation of Repaired Meniscus Guidelines

Phase 1

Week 0-4

Control swelling with ice, elevation, ace wrap
Early non-weight bearing ROM 0-90° as tolerated
Immediate patellar mobilization & SLR
Isometric quad sets (no hamstring isometrics until week 8)
Heel slides (do not flex past 90°) & ankle pumps

Phase 2

Week 4-8

Increase to FWB as tolerated
Maintain/limit ROM as above
Continue above exercises; add toe raises & proprioceptive exercises

Phase 3

Week 8-12

Full ROM allowed, advanced as tolerated
Light weight strengthening 1-5lbs, high repetition
Mini-squats, lunges, co-contraction, stationary bicycle, leg presses 0-90°
Closed kinetic chain exercises
No squatting

Phase 4

Week 12-16

Low impact activities (straight ahead jogging, cycling, swimming, stair stepper)

Phase 5

Month 4-6

Sports specific exercises including high impact activities & pivoting
Return to full activities when able to single-leg hop, quad strength 85%, full ROM, no pain
Neoprene knee sleeve optional