

Michael W. Burris, MD
Orthopaedic Surgery & Sports Medicine

Rehabilitation Guidelines: Meniscal Repair

Post-op	Precautions	Therapy
0-6 weeks	1) TTWB only 6 weeks unless otherwise notified 2) Crutches 3) ROM as tolerated unless otherwise noted 4) Avoid twisting/rotation for 8 weeks	Emphasis on full extension, patellar mobilizations, quad sets, SLR's, heel slides, modalities as needed for pain/swelling, start stationary bike
6 weeks	1) Advance to WBAT 2) D/c crutches when normal gait pattern achieved	Closed chain exercises, terminal extensions in brace 0-90°, advance bike
6-16 weeks	1) Discontinue brace at 6 weeks 2) No running unless cleared by physician	Advance closed chains/hamstrings 0-90°, proprioception, elliptical
4-6 months	1) No sports until cleared by physician 2) Avoid deep squatting/hyperflexion exercises for 4 months	Running permitted at 16 weeks, sport specific activities

This is a guide to rehabilitation. Specific exercises will be monitored by your physical therapist. Progression should be individualized based on meeting specific goals and tolerance to activities.

Return to full activity is typically 6 months and is dependent on the progress of rehabilitation. Remember, trying to progress too rapidly cannot speed up the healing process and may result in failure of the meniscus to properly heal.

Please call if there are specific questions regarding these guidelines.

