



Post-Operative Rehabilitation Guidelines: Meniscus Repair

Phase I: 0-4 Weeks

1. **Brace:** TDWB in brace in extension with crutches; brace in extension for sleeping 0-2 weeks
2. **ROM Goals:** AROM/PROM 0-90°
3. **Strengthening/Exercises:** quad sets, SLR, heel slides, paternal mobilization

Phase II: 4-6 Weeks

1. **Brace:** advance to 50% PWB with crutches; may unlock brace
2. **ROM Goals: progress with ROM until full ROM achieved**
 - a. **No weight bearing** with knee flexion past 90 degrees
3. **Strengthening/Exercises:** advance quad sets, SLR, heel slides, paternal mobilization

Phase III: 6-8 Weeks

1. **Brace:** WBAT with brace unlocked; discontinue brace when quad strength adequate
 - a. Discontinue crutches when gait normalized
2. **ROM Goals:** progress with ROM until full ROM achieved
3. **Strengthening/Exercises:** advance quad sets, SLR, heel slides, paternal mobilization PLUS wall sits to 90°

Phase IV: 8-12 Weeks

1. **Brace:** WBAT without brace
2. **ROM Goals:** Full ROM
3. **Strengthening/Exercises:** progress with closed chain exercises, proprioception, lunges 0- 90°, leg press 0- 90°, begin stationary bike

Phase V: 12-16 Weeks

1. Progress Strengthening exercises
 - a. Single leg strengthening, begin jogging/running progression, sport specific exercises

Important Information

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.