

REHABILITATION PROTOCOL OVERVIEW: Major Meniscus Repair

	Phase 0 Preparing for Surgery	Phase 1: Restoring Activities of Daily Living					Phase II: Strength/Balance	Phase III: Strength/Agility
		<ul style="list-style-type: none"> Maximum Repair Protection Regain Motion Normalizing ADL's 					<ul style="list-style-type: none"> Moderate Repair Protection Regain Strength Regain Proprioception Normalize Movements 	<ul style="list-style-type: none"> Minimal Repair Protection Regain Strength Regain Agility Returning to Sport
		Week 0	Weeks 1-2	Weeks 2-4	Weeks 4-6	Weeks 6-8	Months 1.5-4.5	Months 4.5-6
Ideal # PT Visits	2 x a week	3 x a week	3 x a week	3 x a week	3 x a week		2 x a week until 12 weeks	2 x a week
Injury/Surgery Swelling	Target Resolution	Target Resolution	Target Resolution	Target Resolution	Target Resolution	Target Resolution		
Range of Motion	Restore 0-120	0-0 Degrees	0-90 Degrees	0-90 Degrees	Advance with No Restrictions	Advance with No Restrictions		
Weight Bearing	Full Weight Bearing with Crutches Optional	Toe Touch Weight Bearing	Toe Touch Weight Bearing	Toe Touch Weight Bearing	Toe Touch Weight Bearing	2 Week Crutch Weaning Protocol		
Hinged Knee Brace	Only if Confidence Requires	Locked While Block Active; Unlock after Block 0-90	Unlocked 0-90 Degrees	Wean As Tolerated Goal: 12 SLR's without Lag	Only if Confidence Requires			
Proprioception				★	★		★	★
Functional Movements				★	★		★	★
Strengthening				★	★		★	★
Swimming Like Activities							Begin at 2 Months	★
Jogging Like Activities							Begin at 4 Months	★
General Agility								Begin at 5 Months
Sport Specific Agility								Begin at 5 Months

This Protocol is Designed to Protect and Optimize Recovery and Reduce the Risk of Reinjury: