

### REHABILITATION PROTOCOL OVERVIEW: Minor Meniscus Repair

	<b>Phase 0</b> Preparing for Surgery	<b>Phase 1: Restoring Activities of Daily Living</b>				<b>Phase II: Strength/Balance</b>	<b>Phase III: Strength/Agility</b>
		<ul style="list-style-type: none"> <li>Maximum Repair Protection</li> <li>Regain Motion</li> <li>Normalizing ADL's</li> </ul>				<ul style="list-style-type: none"> <li>Moderate Repair Protection</li> <li>Regain Strength</li> <li>Regain Proprioception</li> <li>Normalize Movements</li> </ul>	<ul style="list-style-type: none"> <li>Minimal Repair Protection</li> <li>Regain Strength</li> <li>Regain Agility</li> <li>Returning to Sport</li> </ul>
		<b>Week 0</b>	<b>Weeks 1-2</b>	<b>Weeks 2-4</b>	<b>Weeks 4-6</b>	<b>Months 1.5-3</b>	<b>Months 3-4</b>
<b>Ideal # PT Visits</b>	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
<b>Injury/Surgery Swelling</b>	Target Resolution	Target Resolution	Target Resolution	Target Resolution	Target Resolution		
<b>Range of Motion</b>	Restore 0-120	0-90 Degrees	0-90 Degrees	Advance with No Restrictions	Advance with No Restrictions		
<b>Weight Bearing</b>	Full Weight Bearing with Crutches Optional	Toe Touch Weight Bearing	Toe Touch Weight Bearing	Two Week Crutch Weaning Protocol	Full Weight Bearing		
<b>Hinged Knee Brace</b>	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		Functional ACL Brace As Returning to Full Contact Sport
<b>Proprioception</b>				★	★	★	★
<b>Functional Movements</b>				★	★	★	★
<b>Strengthening</b>				★	★	★	★
<b>Swimming Like Activities</b>						Begin at 2 Months	★
<b>Jogging Like Activities</b>						Begin at 3 Months	★
<b>General Agility</b>							Begin at 3 Months
<b>Sport Specific Agility</b>							Begin at 3 Months

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