

Rehabilitation Protocol:

**Arthroscopic Meniscus Repair (longitudinal)**

	<b>Weight Bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 - 2 weeks</b>	WBAT with brace locked. Use 2 crutches.	Locked in extension (may remove for exercises).	Passive flexion 0 – 90°. Obtain full extension.	Heel slides, quad and hamstring sets, patella mobilization, Straight leg raises, Prone hangs. Start BFR.  ICE 3x/day x 20 minutes (Do not place directly on exposed skin)  Modalities as needed.
<b>2 - 6wks</b>	WBAT. Use 1 crutch. Wean off crutches at 4 wks.	Progressively open brace to 90 degs.	Advance ROM to full as tolerated.	Limit WB exercise to flexion angles less than 90°. Continue BFR.
<b>PHASE II</b> <b>6 - 12 weeks</b>	FWB	Discontinue brace at 6wks.	Full ROM	Stationary bike. Wall sits and lunges. Balancing exercises.
<b>PHASE III</b> <b>12 - 16 weeks</b>	FWB		Full ROM	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training.