



## Dr. Hagan Arthroscopic Meniscal Repair Rehabilitation Protocol

### GOALS

- Manage inflammation (Iceman, NSAIDs, etc.)
- Controlled gains in range of motion
- Early maintenance of strength
- Immediate weight bearing in full extension
- Brace- Extension Lock Brace

### 0-1 WEEK

- ROM: 0°- 90° non- weight bearing, patellar slides
- Weight Bearing : NWB\*
- Strength: Hip extension and flexion, calf raises

### 1-4 WEEKS

- ROM: Achieve 0°- 90°, patellar slides
- Weight Bearing: NWB\*
- Strength: Continue 0-1 week exercises

### 4-6 WEEKS

- ROM: Advance to normal ROMs, no flexion loading beyond 90° knee flexion
- Weight Bearing: TTWB/WBAT (brace locked in extension)
- Strength: Quads- mini squats, closed chain exercises. Hamstrings- start hamstring curls. Hip extension and flexion, and calf exercise

### 6 WEEKS

- ROM: Achieve normal ROM
- Weight Bearing: Begin normal gait training, TWB 40°- 50° 1<sup>st</sup> week, 50°- 70° 2<sup>nd</sup> week
- Strength: Continue 4-6 weeks protocol
- \*\*No flexion loads beyond 90° flexion x 6 months minimum(stresses the repair)\*\*

BEYOND 6 WEEKS: home program

4 MONTHS: Resume athletic activities

6 MONTHS: Allow hyper flexion and squatting at this time. \*\*Weight bearing status may be determined by size of tear. Contact our office.