

# Dr. Scott Levin MD

## Somers Orthopedic Surgery and Sports Medicine Group

### 🔗 Meniscus Repair Post-Op Rehab Protocol (General Guidelines)

#### ◇ Phase I: Protection Phase (0–6 weeks post-op)

##### Goals:

- Protect the repair
- Reduce swelling
- Restore quad activation
- Gradually increase ROM

##### Precautions:

- **Weight Bearing: partial weight bearing (PWB)** with crutches and brace locked in extension. Progress to full weight bearing as tolerated (depends on surgeon).
- **Brace:** Usually locked in extension for ambulation.
- **ROM Restrictions:**
  - Week 0–3: 0°–60° flexion
  - Week 3–6: Gradual increase to up to 90°
- **No squatting, pivoting, twisting**

##### Exercises:

- Quad sets, straight leg raises (with brace locked in extension)
- Ankle pumps
- Patellar mobilization
- Heel slides (within ROM limits)
- Hamstring sets
- Stationary bike (no resistance) when ROM >100°

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#### ◇ Phase II: Transition Phase (6–12 weeks post-op)

##### Goals:

- Achieve full ROM
- Normalize gait
- Improve strength

**Precautions:**

- Avoid deep squats, pivoting, or cutting
- Brace may be discontinued as gait normalizes and quad control improves

**Exercises:**

- Continue ROM exercises to full range
  - Closed chain strengthening (e.g., mini squats, step-ups)
  - Leg press (0°–60° range)
  - Core and hip strengthening
  - Balance/proprioception work
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**◇ Phase III: Strengthening Phase (3–5 months post-op)****Goals:**

- Restore strength and endurance
- Enhance neuromuscular control
- Begin low-impact activities

**Exercises:**

- Progress to single-leg strengthening
  - Low-impact cardio (elliptical, bike, swimming)
  - Begin jogging (usually around 4 months, if cleared)
  - Agility drills (in later part of phase)
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**◇ Phase IV: Return to Sport Phase (5–6+ months post-op)****Goals:**

- Full strength and neuromuscular control
- Safe return to sport

**Criteria to begin sport-specific training:**

- No pain or swelling
- Full ROM
- Strength  $\geq 90\%$  of contralateral leg
- Satisfactory functional testing (hop tests, agility tests)

**Activities:**

- Sport-specific drills
  - Plyometrics
  - Cutting, pivoting
  - Gradual return to full activity (6–9 months typically)
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