

MENISCAL REPAIR REHABILITATION PROGRAM

Meniscal repairs performed at the time of an ACL reconstruction should undergo the routine ACL rehabilitation protocol! All other meniscal repairs should be rehabilitated as follows:

Weeks 0-4

Cryotherapy

WBAT in knee immobilizer or brace locked on extension

ROM exercises

Should regain full extension or hyperextension by 2-3 weeks

And full flexion by 4 weeks

Isometric strengthening and quad sets

E-stim if quads not firing

No open or closed chain exercises

Weeks 4-8

WBAT out of brace

Begin closed chain exercises

Weeks 8-12

Progressive strengthening

Sports specific training

Plyometrics and proprioceptive training

Resume work/sports when asymptomatic during full functional training!