



Mid-America Orthopedics

Dr. Justin Strickland

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Meniscus Repair Protocol

Days 3-14 (2-3 Visits/week)

- **Brace:** 6 weeks, locked in full extension
- **Ambulation:** NWB, No weight with leg flexed
- **PROM:** 0°-90°
- **Suggested Exercises:** Calf and HS stretching, Ankle pumps (PF with band), SLR (all planes), Quad sets

Days 15 - 28 (2-3 Visits/week)

- **Brace:** 6 weeks, locked in full extension
- **Ambulation:** NWB, No weight with leg flexed
- **PROM:** 0°-120°
- **Exercises:** Continue previous exercises

Days 29 - 41 (1-2 Visits/week)

- **Brace:** 6 weeks, locked in full extension
- **Ambulation:** NWB, No weight with leg flexed
- **PROM:** 0°-135°
- **Exercises:** Continue previous exercises

Week 6 (1-2 Visits/week)

- **Brace:** Wean from brace when patient demonstrates good quad control
- **Ambulation:** TTWB-25% WB
- **ROM:** Active 0°-135°
- **Exercises:** Stationary bike and Low level TG squats/calf raises

Weeks 7-8 (1-2 Visits/week)

- **Ambulation:** Week 7: 50% body weight, Week 8: Full WB
- **ROM:** Active 0°-135°
- **Exercises:** Ham Curls (active 0°-90°), Total Gym/ Leg Press (70°-10°), Wall sits, Mini squats, Anterior Step-ups, SLS, Cup walking
- **Aerobic Conditioning:** Stationary bike only

Weeks 9-12 (1-2 Visits/week)

- **Exercises:** Closed Chain (Frontal and Transverse Planes): Lateral Step-Ups, etc. Continue to progress quad strengthening
- **Aerobic Conditioning:** Water walking, Swimming (straight leg kicking), Walking, Stair machine (low resistance and stroke), Ski machine (short stride and level, low resistance)

3-6 Months (weeks 13-26, 1-2 Visits/week)

- **Straight ahead jogging:** Start with 100 yds at half speed on soft level surface, Add 100 yds every other day, and Work up to 1 mile or 1760 yds
- **Plyometrics:** Begin low level double leg jumps and step n sticks

6 Months (weeks 27-52, 1-2 Visits/week)

- **Swimming** (full kicking)
- **Cutting:** Lateral, carioca, figure 8'. NO cutting until 6 months unless otherwise approved by MD.
- **Functional training:** Plyometric training (box hops, low level single leg jumps) sport specific drills

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 978-9000.