



Mid-America Orthopedics

Dr. Pat Do

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MENISCAL REPAIR PROTOCOL

Weeks 0-3

- **Brace:** 0-30 degrees (should be in a brace at all times, but may take it off for PT)
- **Ambulation:** Non-weight bearing
- **Strengthening:**
 - o Quad-set
 - o SLR
 - o 0-30 degrees

Weeks 3-6

- **Brace:** 0-60 degrees
- **Ambulation:** Non-weight bearing
- **Strengthening:**
 - o Quad-set
 - o SLR
 - o 0-60 degrees

Weeks 6-10

- **Brace:** Full ROM
- **Ambulation:** Progress to full weight-bearing
- **Strengthening:** Full ROM

Week 10+

- **Brace:** D/C use