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## **REHABILITATION GUIDELINES FOR MENISCUS REPAIR**

### Stage 1 (Day 1-2 weeks):

ROM: hinged splint locked at 0 degrees, patellar mobilization.

Strength: quad sets and SLR (without weights), isometric hamstrings, ankle pumping

Weight bearing: TTWB with brace locked in full extension.

Modalities: EMG biofeedback to hamstrings and quadriceps prn; EMS prn; cryotherapy

Sports: none.

### Stage 2 (2 weeks-4 weeks):

ROM: hinge unlocked for active and passive ROM (0-80 degrees), prone passive extension exercises

Strength: quad and hamstring active isometrics at 45 degrees with low resistance and a gradual progression, SLR with brace removed for exercise only at 0 degrees without weight.

Weightbearing: TTWB with brace locked in full extension.

Modalities: as above.

Sports: none.

### Stage 3 (4 weeks-6 weeks):

ROM: increase as tolerated

Strength: PRE's for quadriceps and hamstrings with light weights and gradual progression- quadriceps 90 degrees-20 degrees and hamstrings 20-90 degrees.

Weightbearing: 25%

Modalities: as above.

Sports: none.

### Stage 3 (6 weeks-10 weeks):

ROM: as above; may remove brace

Strength: as above

Weight bearing: 50%; advance to 75% by 7<sup>th</sup> week and to 100% by 8-9<sup>th</sup> week

Modalities: prn

Sports: none

### Stage 4 (10 weeks-3 months):

ROM: as above

Strength: PRE-quad PRE graduating into FROM.

Sports: none

Stage 5(3 months and beyond):

ROM: as above

Strengthening: as above

Weight bearing: full

Modalities: prn

Sports: progress through graduated running program such as “functional rehabilitation program”

Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity. Usually back to full sports by 4-5 months.