Complex Meniscus Repair Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following complex meniscus repair. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon. Radial, root, or complex repairs.

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 0 - 6	● **Protect surgical site**
	● PRICE principles
	● Active ROM: 0-90 degree
	● Reduce muscle atrophy
	● Reduce swelling
	● Decrease pain and inflammation
		● ROM: **0-90 degrees**. (Progress to as tolerated at 4 weeks **with surgeon approval)**
		● TWB with the knee in full extension using crutches. (PWB at 4 weeks **with surgeon approval)**
		● Immobilizer **must be on at all times when walking (locked in extension)**
			General guidelines
			● PRICE
			  ● Cryotherapy: 5-7 times per day
			  ● Compression with TubiGrip/TEDS
			● ROM: limited to **0-90 deg**:
			  ● Heel slides
			  ● Prone knee hangs/Supine knee extension with towel under ankle
			  ● Patella mobilizations
			● Quadriceps recruitment
			● Global LE isometric/proximal hip strengthening
			● Gait training with crutches
			Initial Visit
			● FOTO, LEFS

Weeks 6 – 12	● Full ROM
	● Reduce atrophy/progress strengthening
	● Reduce swelling
	● **Normalize gait**
	● SLR without extensor lag
		● ROM: as tolerated
		● Progress to WBAT at 6 weeks and wean from crutches
		● Discontinue knee immobilizer at week 6
		● **No loading at knee flexion angles >90 degrees**
		● **No jogging or sport activity**
		● **Avoid painful activities/exercises**
			General guidelines
			● Gait training from WBAT to independent
			● Core stabilization exercises
			● Global LE strengthening
			  ● Limit deep knee flexion angles **>90 degrees**
			  ● Begin functional strengthening exercises (bridge, mini-squat, step up, etc)
			● Double limb and single limb balance/proprioception
			● Aerobic training:
			  ● Walking program when walking with **normal gait mechanics**
			  ● Stationary bike
			Week 6
			● FOTO, LEFS

Weeks 12 - 18	● **No effusion** ● Full ROM ● Increase functional LE strength ● Return to activity as tolerated ● Initiate return to running program ● Initiate basic plyometrics	● **No loading at knee flexion angles >90 degrees (16 weeks)** ● **Avoid painful activities/exercises** ● **No jogging until Week 14 and cleared by surgeon** ● **No jogging on painful or swollen knee**	**General guidelines** ● Aerobic training ● Begin **non-impact aerobic training (biking, elliptical, stair stepper)** ● Increase loading capacity for lower extremity strengthening exercises ● Continue balance/proprioceptive training **Week 14** ● begin return to jogging program

Phase	Goals	Precautions / Restrictions	Treatment
		● **No plyometric exercise until 16 weeks and cleared by surgeon**	**Week 16** ● Begin low level plyometric and agility training ● FOTO, LEFS
Weeks 18 - 24	● Full ROM ● Functional strengthening ● Return to sport/activity	● Return to sport 6-9 months post-op **with surgeon approval**	**General guidelines** ● Gradually increase lifting loads focusing on form, control, and tissue tolerance ● Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills **Week 24** ● FOTO, LEFS