

MENISCAL REPAIR REHABILITATION PROTOCOL

TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-6 weeks	1 ST week: Touch Toe Weight Bearing After 1 st week: Weight Bearing as Tolerated (no weight bearing with knee flexed past 90°) with crutches	0-90° Flexion	Immobilize knee in full extension at night for the 1 st week.	Heel slides, quad sets, straight leg raises.
6-8 weeks	Wean from crutches.	Full range of motion. No weight bearing at flexion >90° (squatting)	None	Continue previous exercises. Stretching and strengthening okay. Closed chain exercises (not past 90° of flexion).
8-12 weeks	Full weight bearing.	Full range of motion	None	Gradually increase return to full activities at 3-6 months post-op

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Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Physical therapy to evaluate and treat for post op meniscal repair.

Notes: _____

MD signature: