Meniscal Repair Rehab Protocol Prescription

Patient Name: ___________________________ Date: ___________________________

Diagnosis: Meniscal tear (medial lateral)  
Frequency: 2-3 visits/week  Duration: 4 months

Week 1-4
  • Brace in locked in extension when ambulating,  
  • TTWB with crutches for 2 weeks, then may progress to WBAT with brace locked in extension.  
  • ROM 0-90 degree passively in the brace (asst with other leg is ok)  
  • SLR  
  • Calf pumps, ankle ROM as tolerated

Week 5
  • Continue above exercises  
  • Unlock brace for ambulation when quad control adequate  
  • Self ROM 4-5x/day using other leg to provide ROM, emphasis on maintaining 0 deg passive extension  
  • Advance ROM as tolerated - no limits  
  • Mini-squats and weight shifts  
  • Isotonic leg press (0 - 90 degrees)  
  • 4 inch step ups  
  • Regular stationary bike if Flexion > 115  
  • Lateral step out with therabands  
  • Retro treadmill progressive inclines

Week 6
  • Continue above exercises  
  • Brace to be worn. May be unlocked for ambulation.  
  • Half squats (0-40 degrees)
• Add ball squats
  Goal: 0 to 115 degrees, walking with no limp
• Initiate retro treadmill with 3% incline (for quad control)
• Brisk walking
• Progress balance and board throws
• 8 inch step ups
• 4 inch step downs
• Swimming allowed, flutter kick only

Week 7-9
• Advance ROM
• D/C brace if quad control adequate
• Retro treadmill progressive inclines
• Stairmaster machine
• Increase resistance on stationary bike
• Sport cord (bungee) walking
• Start slide board
• 6-8 inch step downs

Week 10
• Begin resistance for open chain knee extension
• Bike outdoors, level surfaces only
• Plyometric leg press
• Jump down’s (double stance landing)
• Progress to light running program and light sport specific drills if:
  Quad strength > 75% contralateral side
  Active ROM 0 to > 125 degrees
  Functional hop test >70% contralateral side
  Swelling < 1cm at joint line
  No pain
  Demonstrates good control on step down

Week 11-22
• If full ROM, quad strength > 80% contralateral side, functional hop test >85%
  contralateral side, satisfactory clinical exam:
  Progress to home program for running. Progress to hops, jumps, cuts and
  sports specific drills. Begin to wean from supervised therapy.

Concerns or questions:
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Physician Signature: