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POSTOPERATIVE REHABILITATION PROTOCOL

ARTHROSCOPIC MENISCUS REPAIR

GENERAL

Passive ROM 0-90° (Weeks 0-6), then full motion
Weight bearing as tolerated with brace 0-30° x 6 weeks
Modalities as needed

PHASE 1

Weeks 0-6

NWB PROM 0-90°, obtain full extension
WBAT with crutches, brace set 0-30°
Therapeutic exercises: Patellar mobs, heel slides, quad/hamstring sets,
NWB Achilles stretch, ankle pumps, prone hangs, wall slides, SLR
with brace locked in extension until no extensor lag, single leg biking,
sit and reach with towel

Week 2: Toe and heel raises
Wean off crutches as tolerated
Brace may be removed during sleeping

PHASE 2

Weeks 6-8

Full weight bearing with brace unlocked
Advance to full range of motion and normal gait pattern
Discontinue brace when quadriceps strength returned
Stationary bikes with both legs, Achilles/calf stretch, hamstring sets
Treadmill 7% walk, terminal 1/3 knee bends
Partial (0-45°) closed-chain strengthening: squats, leg press,
progressive proprioceptive training, core strengthening, slide board
Week 8: Double-knee bends, single knee bends, swimming with fins

PHASE 3

Weeks 8 to 12

Advance (0-90°) closed-chain strengthening: squats, leg press, lunges
Week 10: Single knee bends, rowing, forward/backward jogging,
outdoor biking, jump downs (double-stance landing)

PHASE 4

3 months to 6 months

Agility exercises
Continue jogging with progression to running
Leg press to 90° with weights
Leg curls with no hyperextension
Sport-specific training
Strengthening and flexibility maintenance program
Gradual return to competitive sports participation