

# Meniscus Repair

	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-2</b> PT 1-2x/week HEP daily	TTWB in brace w/ crutches *	Locked in full extension for sleeping and all activity  Off for exercises & hygiene	0-90° when nonweight bearing	Heel slides, quad sets, patella mobs SLR  <b>No weight bearing with brace unlocked</b>
<b>Phase II</b> <b>Weeks 2-8</b> PT 2-3x/week HEP daily	<b>2-4 weeks:</b> 50% WB w/ crutches  <b>4-8 weeks:</b> Progress to full WB	<b>2-6 weeks:</b> Unlocked 0-90°  Off at night  Discontinue brace at 6 weeks	As tolerated	Continue Phase 1 Heel raises, closed chain Terminal knee extension avoiding tibial rotation  Activities w/ brace until 6 weeks After 6 weeks, w/o brace as tolerated  <b>No weight bearing with flexion &gt; 90°</b>
<b>Phase III</b> <b>Weeks 8-12</b> PT 2-3x/week HEP daily	WBAT	None	Full	Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike
<b>Phase IV</b> <b>Weeks 12-20</b> PT 1-2x/week HEP daily	WBAT	None	Full	Progress Phase III exercises & functional activities Single leg balance, core, glutes, eccentric hamstrings, elliptical, bike
<b>Phase V</b> <b>&gt; 20 weeks</b> PT 1x/week HEP daily	WBAT	None	Full and painfree	Advance to sport-specific drills & running/jumping once cleared by MD

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