

KNEE MENISCUS REPAIR REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 2 Weeks

- NWB to operative leg – with crutches
- ROM limited 0°-90° in hinged rehab brace
(May remove brace for hygiene & sleep)

2 - 6 Weeks

- WBAT with brace locked in full extension
- Continue ROM 0°-90° in hinged rehab brace
(Focus on regaining full and symmetric extension)
- Quad strengthening: straight leg raise

6 - 12 Weeks

- Discard brace, continue WBAT
- Progress ROM to full flexion
- No weight-bearing with knee flexion > 90° / no deep squats
- Commence hamstring strengthening

12 Weeks

- Commence straight-line jogging/running

6 Months

- Return to pivoting sports / deep squats

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!