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Complex Knee, Shoulder and  
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## Meniscal Repair Protocol

### 0-4 Weeks Post Op

- Weight bearing as tolerated with brace locked in extension for 4 weeks post-op
  - Unlock brace at 4 weeks, but continue to wear until 6 week follow up with physician
- Full NWB ROM- unless otherwise stated by physician post operatively
- Use of crutches until able to comfortably, safely walk with leg locked in extension
- Pain/edema control, patella mobilizations
- Stationary Bike- **no resistance- only for ROM**
- Quad Sets/Hamstring isometrics
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- BFR- Initiate after post op day 14
  - SAQ/LAQ/SLR

### 4-8 Weeks Post Op

- Continue to work on any outstanding ROM deficits
- Gait training in physical therapy outside of brace
- No pivoting, twisting, hopping, jumping, or running
- Treadmill forward and retro walking
- SL/DL balance for proprioception
- Non impact cardio- swimming, cycling, elliptical
- Progressive non- impact strength training

### 8-12 Weeks Post Op

- Begin hopping/ladder drills if strength is appropriate
- Introduce plyometrics- DL to SL
- Continue to progress strength training

### 12 Weeks Post Op

- Sport specific drills
- Plyometrics for speed and power
- Clearance from doctor prior to return to sport