

## Arthroscopic Meniscus Repair – Standard Repair Physical Therapy Protocol

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**Patient Name:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Procedure:** Right / Left Knee, Medial / Lateral Meniscus Repair

### **General precautions:**

- TTWB for 4 weeks with transition to WBAT between 4-6 weeks.
- ROM is limited to 90° for 4 weeks, full ROM obtained by 6 weeks.
- Brace use for 6 weeks.
- Tibial rotation is avoided for 6wks.

**Frequency:** 2x per week for \_\_\_\_\_ weeks

### **Phase I (0-4 weeks): *Period of protection.***

- **Weightbearing:** Toe Touch Weight Bearing (TTWB) with crutches, brace locked in extension.
- **Brace:** Locked in extension (removed for hygiene and ROM exercises at PT).
- **ROM:** PROM and AROM 0-90°.
- **Therapeutic exercises:**
  - Patellar mobilizations: 5-10 minutes daily
  - Electric stimulation for quad control
  - Heel slides
  - SLRs supine
  - Isometrics for quads, hip abductors and adductors
  - Passive leg hangs to 90°
  - Ankle/hip strengthening

### **Phase II (4-6 weeks): *Transition phase.***

- **Weight Bearing:** Progress to WBAT between weeks 4-6. Brace locked in extension during ambulation. Unlocked at rest.
- **Brace:** Unlocked fully for ROM exercises.
- **ROM:** Full ROM allowed.
- **Therapeutic Exercises:**
  - As above.

- Progress weight for SLRs
- Week 4: Partial wall sits at flexion angles <90°.

**Phase III (6-12 weeks): *Strengthening phase.***

- **Rehabilitation Goal:** Advance closed chain strengthening to provide extra-articular protection of meniscus during sports activities.
- **Weight Bearing:** As tolerated. Transition off of crutch use by 6 weeks.
- **Brace:** Discontinue hinged knee brace use when patient has achieved full extension with no evidence of extension lag. Transition into unloader brace for all weight bearing activities.
- **ROM:** Full active ROM
- **Therapeutic Exercises:**
  - As above with progressive resistance
  - Closed chain extension exercises, hamstring strengthening
  - Isokinetics
  - Proprioception exercises
  - Stationary bike
- **Restrictions:** No running.

**Phase IV (12-16 weeks): *Sport-specific activities.***

- **Weight Bearing:** Full weightbearing with normal gait pattern
- **ROM:** Full/painless
- **Therapeutic Exercises:**
  - As above.
  - Focus on single-leg strengthening
  - Begin jogging/running
    - Begin with 1 mile jog and increase in ¼ mile increments
    - Once able to jog 20 minutes without discomfort or swelling, may progress to functional activities to include figure 8's, cutting and jumping.
  - Plyometrics and sport specific activities (progressed as tolerated)

**Phase V (4-6 months): *Return to athletics***

- **Weight Bearing:** Full.
- **ROM:** Full/painless
- **Therapeutic Exercises:**
  - As above.
  - Gradual return to athletic activity as tolerated
  - Maintenance program for strength and endurance
- **Criteria to return to sports:**
  - Full pain free ROM
  - Normal isokinetic evaluation and function tests
  - Satisfactory performance of sport specific activities without effusion