

## Greater Hartford Orthopedic Group, P.C.

Jay A. Kimmel, MD  
113 Elm Street, Suite 203  
Enfield, CT 06082  
Phone: (860) 253-0276 Fax: (860) 253-0431  
www.ctrotho.com

---

### Post-Operative Rehabilitation Protocol: Meniscus Repair Protocol

#### **Maximum Protection Phase (week 1-6)**

**Brace:** Locked at 0 for ambulation

**Weight Bearing:** Weight bearing as tolerated with crutches

**ROM:** Gradual Increase in ROM depending on pain. No more than 90 degrees flexion

**Manual Therapy:** Patella mobilization  
Electrical stimulation

**Strengthening:** Quad sets  
Hamstring isometrics  
Hip abduction, adduction  
Toe Raises

#### **Moderate Protection Phase (week 6-12)**

**NOTE:** May progress to this phase with minimal effusion ROM 0-90 and good quad control

**Brace:** Functional brace as needed

**Weight bearing:** Full

**Strengthening:** SLR in 4 planes  
Mini squats, wall squats  
Lunges  
Heel Raise/Toe raise  
Leg press  
Hamstring curl  
Leg extension 30-90

**Proprioception:** Balance board  
Sport cords

**Endurance:** Bicycle  
Swimming  
Pool jogging

## **Advanced Phase (week 12-16)**

**NOTE:** May progress to this phase with no effusion, no pain and full rom

**Exercises:** Continue all strengthening and Proprioceptive exercises  
Continue endurance training  
Begin jogging program  
Advanced plyometrics and cutting drills  
Sport specific drills