

Protocol – Meniscal Repair

Range of Motion:

- 0-4 Weeks Gentle AROM for knee flexion (0-90 degrees)
Gentle PROM for knee extension only
- 4-6 Weeks Progressive AROM/AAROM/PROM for knee flexion until full (painfree)

Strengthening:

- 0-4 Weeks Open Kinetic Chain Exercises
- 4-6 Weeks Initiate Closed Kinetic Chain Exercises: Short Arc (painfree)

Ambulation:

- 0-4 Weeks Ambulate with brace **locked in extension**
ROM on brace to remain from 0-90 degrees (safety)
- 4-6 Weeks Ambulate with brace **unlocked**
ROM on brace to remain from 0-90 degrees (safety)