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## ARTHROSCOPIC MENISCAL REPAIR

### Phase I:

#### Goals:

- Manage inflammation (Cryounit, NSAIDs, etc.)
- Controlled gains in range-of-motion
- Early maintenance of strength
- Non-weight bearing
- Brace – Extension Lock Brace

#### Weeks 0 – 2:

- ROM:
  - Full PROM/AAROM 0° - 90°
  - Non-weight bearing
  - Patellar slides
- Weight bearing:
  - NWB in full extension braced donned
- Strength:
  - controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
  - No Resisted Quadriceps exercises for 6 weeks
- Brace:
  - locked in extension

#### Weeks 2- 4:

- ROM:
  - Achieve AROM 0° - 90°, patellar slides
- Weight bearing:
  - WBAT, brace locked in extension
- Strength:
  - Continue 0 – 2 week exercises
- Brace:
  - locked in extension

## Phase II:

### Goals:

- Advance to full AROM while non-weight bearing
- Flexion limited to 90 while weight bearing
- Normalize gait pattern with restrictions
- Progress strengthening and neuromuscular coordination

### Weeks 4 – 6:

- ROM:
  - advance to normal ROMs, no flexion loading beyond 90° flexion
- Strength:
  - Quads – introduce resisted quadriceps exercises: mini squats, closed chain exercises
  - Hamstrings – start hamstring curls, hip extension and flexion, calf exercise
- Weight bearing:
  - Gait training, initially unlock brace if good quad control and then wean from brace over the next 2 weeks

### Weeks 6-8:

- ROM:
  - Achieve normal AROM in weight bearing
- Strength:
  - Progressive open and closed kinetic chain exercises with body weight resistance
  - Watch flexion loads beyond 90° flexion (stresses the repair)
- Weight bearing
  - WBAT without brace

### Weeks 8-16:

- Home exercise program
  - Proprioception exercises including single and double leg balance activities
  - Progressive neuromuscular coordination exercises

### Months 4-6:

- Resume athletic activities

\* At 6 MONTHS: athletes may return to squatting and hyperflexion at this time