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Post-Operative Rehabilitation Guidelines for Meniscal Repair

Phase I

0-2 Weeks:

Toe-touch weight bearing (25%)

Brace locked in full extension for sleeping and all activity

ROM 0-90° when non-weight bearing

Heel slides, Quad sets, SLR

Phase II

2-6 Weeks:

2-4 weeks Full weight bearing with brace locked in full extension

4-6 weeks Full weight bearing with brace 0-90°

No weight bearing with flexion >90°

Phase III

6-12 Weeks:

Full weight bearing

Brace off at night at 6 weeks

Discontinue brace at 8 weeks

Begin hamstring work, lunges, leg press 0-90°, proprioception, balance, core

Begin stationary bike

Phase IV

12-20 Weeks:

Progress Phase III exercises and functional activities

Swimming okay at 12 weeks

Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD