



University of Delaware  
 Physical Therapy Clinic  
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**Rehab Practice Guidelines for:  
 Meniscal Repair**

Assumptions: 1. Isolated meniscal repair

Primary surgery: Meniscal repair; arthroscopically assisted open repair or all inside repair

Secondary surgery (possible): ACL reconstruction, PCL reconstruction, Chondroplasty

Precautions: **No loaded knee flexion beyond 45° for 4 weeks**  
**No loaded knee flexion beyond 90° for 8 weeks**

**Expected # of visits: 12-24**

| <b><u>Week 1-2</u></b>   | <b>Treatment</b>   | <b>Milestones</b>  |
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| <b>TOTAL VISITS 1-3</b>  | Immobilizer for ambulation or brace locked at 0° extension<br>Crutches as needed (WB per surgeon)<br>OKC AROM and PROM exercises<br>Scar mobilization<br>Patellar mobilization<br>NMES for quadriceps modalities as needed<br>No resisted hamstring exercise   | Full knee extension<br>AROM knee flexion to 90°<br>Superior patellar glide with QS<br>AROM hip/ankle WNL<br>SLR without quad lag |
| <b><u>Weeks 3-4</u></b><br><br>1-3 visits/week<br><br><br><b>TOTAL VISITS 6-12</b> | Immobilizer for ambulation or brace locked at 0° extension<br>Crutches with WB per surgeon<br>OKC AROM and PROM exercises<br>OKC PREs hip, knee, ankle<br>Multi angle isometric knee extension<br>NMES for quadriceps @ 60 degrees<br>Gait training (WB per surgeon) week 4<br>CKC to 45 degrees knee flexion week 4 | Full scar mobility<br>AROM knee flexion within 10 degrees of uninvolved<br>Full patella mobility<br>Zero to Trace effusion       |
| <b><u>Weeks 5-7</u></b><br><br>0-2 visits/week<br><br><b>TOTAL VISITS 6-16</b>     | Immobilizer d/c per surgeon<br>Progress PREs for hip, knee, ankle<br>Begin to progress WB flexion 45-90°<br>Begin proprioceptive training<br>Endurance training via bike/stairmaster   | Full AROM<br>Normal gait<br>MVIC>60%<br>No effusion  |

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| <p><b><u>Weeks 8-11</u></b></p> <p>0-2 visits/week</p> <p><b>TOTAL VISITS 6-20</b></p> | <p>Progress PREs</p> <p>Begin loaded flexion beyond 90<sup>0</sup> at 8 weeks</p>   | <p>MVIC &gt; 80%</p>   |
| <p><b><u>Weeks 12-14</u></b></p> <p>Visits prn</p> <p><b>TOTAL VISITS 2-10</b></p>     | <p>Functional hop test if MVIC &gt; 80%</p> <p>When MVIC &gt; 80% initiate:</p> <ul style="list-style-type: none"> <li>running progression</li> <li>sports specific drills</li> <li>agility drills</li> </ul> <p>PREs at fitness facility</p> <p>Follow up Functional testing at 6 month and 1 year post-op</p> <p>Progression of strengthening in gym</p> <p>Emphasize plyometrics, jumping, cutting</p> | <p>Maintaining or gaining quadriceps strength</p> <p>MVIC, KOS and hop test &gt; 90% for return to sport (per surgeon)</p> |