

 <p><b>Mount Sinai West</b></p>	<p><b>Aruna Seneviratne MD</b></p> <p>Tel: (212) 636 8290 Fax: (212) 636 3102</p> <p><a href="http://www.replayortho.com">www.replayortho.com</a></p>	<p>Department of Orthopaedic Surgery 425 West 59<sup>th</sup> Street, 5<sup>th</sup> floor New York, NY 10019</p>
--	---	---

## Rehabilitation Protocol Following Meniscus Repair

### POD #1-10

**Brace** – Locked in extension for ambulation and sleeping. Off for hygiene.

**ROM** – 0-90deg.

**Exercises** – calf pumps.

**Weight Bearing** – Partial weight bearing with crutches.

### Week 2-6

**Brace** – Unlocked 0-90deg for ambulation. Off at night after week 3.

**ROM** – 0-30deg advance to 90deg by week 6.

**Exercises** – SLR, Patellar mobs

**Weight Bearing** – WBAT after 10-14days.

**Modalities** – Ultrasound, E.Stim.

### Week 6-12

**Brace** – Discontinue at 6 weeks.

**ROM** – 0-140 as tolerated – regain full flexion.

**Exercises** – patellar mobs, Proprioception, Strengthening (closed chain), and restoration of day to day function. Progress flexibility and strengthening, progression of functional balance, core, glutes program.

**Weight Bearing** - Weight bear as tolerated.

### Beyond 3 months

Sports specific training.  
Light running, biking, advanced core, and glutes.