SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Geoffrey Glebus, DO
Diplomate American Board of Orthopedic Surgery
Direct Phone: 210-798-8563
Email: glebusteam@smasatx.com

ARTHROSCOPIC MENISCUS REPAIR

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-6WEEKS	**0-6 weeks:** WBAT w/crutches unless otherwise directed **6-8 weeks:** wean from crutches	**0-2 weeks:** locked in extension (remove for hygiene/exercise) **2-4 weeks:** unlocked (remove for exercise/hygiene/sleep) Discontinue between 4-6 weeks	**0-4 weeks:** Full ROM w no weightbearing at flexion angles of 90 or more **4-8 weeks:** Full ROM w PROM as tolerated with flexion angles of 90 or more	**0-4 weeks:** heel slides, quad sets, SLR, SAQ, co-contractions isometric ab/adduction, patellar immobilization, ankle strength **4-8 weeks:** partial wall sits, no greater than 90 degrees, TKE
PHASE 2 8-12 WEEKS	FWB without crutches	None	Full active ROM	Progress close-chain exercise, begin hamstring work, lunges 0-90, proprioception exercises, leg press 0-90, begin stationary bike
PHASE 3 12-16 WEEKS	Full with normal gait pattern	None	Full	Progress phase 2 exercises focus on single leg strength, running, jogging, plyometrics, sport specific drills

NOTE: Patients should avoid tibial rotation for 4-6 weeks