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Meniscal Repair Physical Therapy Protocol

Weeks 0-2

Primary goals: Eliminate swelling; ROM – full extension; TDWB; Regain quad control

- TDWB 4 weeks
- Brace locked in extension for ambulation with crutches with return of active straight leg raise
- Brace locked in extension for sleep (can remove brace to sleep after first post-op visit, 7-10 days)
- ROM limited to 0-90, towel rolls
- Patella mobilization
- Straight leg raise, heel slides, quad sets

Weeks 2-4

Primary goals: Increase ROM; Increase total leg strength; Normalize gait

- Continue brace, crutches, TDWB
- ROM as tolerated (minimum 0-110), focus on terminal extension
- Emphasize patellar mobilization
- Straight leg raise, terminal extension, hip abduction, ankle pumps
- Quad sets
- Abdominal isometrics

Weeks 4-6

Primary goals: Normal ADLs; Increase functional capacity; Increase strength

- Gradual full weight bearing, discontinue crutches, discontinue brace (if possible)
- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 4 inches gradual to 8 inches
- Step ups – Anteromedial: 4 inches gradual to 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches
- Unilateral squats, stance, quad sets
- Progress closed chain activities

Weeks 6-12

Primary goals: Increase functional leg strength; Normalize balance and proprioception

- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Hamstring curls
- Proprioception
- Continue closed chain, step ups, mini squats, leg press (0-90 degrees)
- Hip abduction/adduction, calf raises
- Stationary bike

Weeks 12-20

Primary goals: Increase agility and speed of training; Normalize strength; Advance to sport specific

- Initiate Plyometrics
- Initiate running program
- Initiate agility drills
- Sport specific training (after 16 weeks)
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume