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Rehabilitation Protocol:

Arthroscopic Meniscus Repair

	Weight Bearing/ROM	Brace Use	Range of Motion	Therapeutic Elements
PHASE I 0 – 2 weeks	Toe touch weightbearing (TTWB) in brace with crutches	Locked in extension for ambulation and sleeping May remove for exercises	Active and active assisted ROM from 0-90	Heel slides Quad and hamstring sets Patella mobilization Gastroc-soleus stretches Straight leg raises Prone hangs Modalities as needed (stim, heat before, ice after)
PHASE II 2 – 6 weeks	Toe touch weightbearing (TTWB) in brace with crutches Advance to 50% weightbearing at 4 weeks	Progressively unlocked 0-90 for ambulation and removed while sleeping	Active and active assisted ROM from 0-90	As above Limit weightbearing exercises to flexion angles less than 90 degrees
PHASE III 6 – 12 weeks	Full weightbearing May d/c crutches when walking with normal gait	Discontinue brace when no extension lag	Full ROM	Stationary bike Wall sits and lunges (0-90) Balancing exercises
PHASE IV 3 – 4 months	Full weightbearing		Full ROM	Begin return to running program Advance to closed chain strengthening, leg press, leg curls
PHASE V 4 – 6 months	Progress to athletic activity			Plyometric training, swimming, backward running, cutting and pivoting sporting activity