



ANSWORTH A. ALLEN, MD
HSS Sports Medicine Institute | West Side
610 West 58th Street, 3rd Flr,
New York, NY 10019 212.606.1447

Meniscus Repair PT Protocol

WEEK 1-2

Ambulate TTWB in Bledsoe Brace locked in Full Extension
Limit Range of Motion from 0° to 70°
Range of Motion Active / Active-Assisted / Passive
Quadriceps and Hamstring stretching
Quadriceps Strengthening, V.M.O. Strengthening
Begin Straight Leg Raises (Knee in Full Extension)
Electrical Stimulation for Quadriceps

WEEK 3-4

May progress ROM from 0° to 90°
Ambulate with brace locked in extension until 6 weeks post op (may unlock while seated)
PWB (50%) progressing to WBAT by 4 weeks post op then wean crutches
May Begin Exercise Bike, Closed Kinetic Chain Exercises

WEEK 5-6

Progress to full ROM
Discontinue brace at 6 weeks post op

RETURN TO SPORT PHASE

Return to Running 3-4 months
Return to Full Sports 4-5 months