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Arthroscopic Knee Meniscus Repair

	Weight Bearing	Brace	Range of Motion	Therapeutic Elements
PHASE I 0 – 4 weeks	Touch-down weight bearing (TDWB) with crutches.	Locked in extension (may remove for exercises).	Passive flexion 0 –90° Obtain full extension.	Heel slides, Quad and hamstring sets, Patella mobilizations, Straight leg raises, Prone hangs. ICE 3x/day x 20 minutes (Do not place directly on exposed skin) Modalities as needed.
4 – 6 weeks	TDWB with crutches.	Progressively open brace to 90°	Advance ROM to full as tolerated	Quad and hamstring sets, Patella mobilizations, light open chain exercises with flexion angle less than 90°
PHASE II 6 – 12 weeks	Discontinue crutches. Full weight bearing.	Brace unlocked. Discontinue brace at 6-8 wks once good quad control achieved.	Full ROM	Full ROM Closed and Open chain exercises. Stationary bike. Wall sits and lunges. Balancing exercises.
PHASE III 12 - 16 weeks	Full weight bearing		Full ROM	Advance closed chain strengthening, leg press, leg curls. Plyometric and proprioceptive training