

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Arthroscopic Meniscus Repair

#### Phase I (0-6 weeks)

**Weight Bearing:** With crutches, 50% WB. (If radial or root repair, toe-touch WB)

**Range of Motion:** 0-90d. Extension stretching.

**Brace:** 0-90d. Off at night.

**Exercises:** SLR. Short arc quads. Bumped-heel knee extension stretch 10min, 3 x / day.

#### Phase II (6-12 weeks)

**Weight Bearing:** Full

**Range of Motion:** Full. Extension stretching.

**Brace:** None

**Exercises:** Closed chain quads. Hamstring curls. Step-ups. Core. Balance. Hip Abductors. Toe raises. Bike.

#### Phase III (3-5 months)

**Weight Bearing:** Full

**Range of Motion:** Full

**Brace:** None

**Exercises:** Advance closed chain quads. Proprioception. Core. Hip abductors. Toe raises. Plyometrics. Sport-specific drills. Bike. Progress elliptical to running as tolerated.