

## Meniscal Repair rehabilitation protocol

### 0-2 Weeks:

- Brace 0-90 degrees until 6wks
- Mobilise partial weight bearing with crutches
- Rest, ice, compress, elevate
- Debulk to underlying dressings at 24hrs and replace with double layer tubigrip. Keep dressings dry.
- Reestablish full extension (remove brace to allow hyperextension under controlled conditions)
- Quadriceps activation – static quads, IRQs if no ACL involvement, SLR
- Regain flexion to 90 degrees only
- Wound review in outpatients at 2 weeks
- Maintain muscle strength around hip and knee

### 2-6 Weeks:

- Brace 0-90 degrees
- Mobilise full weight bearing as tolerated in brace
- Hamstring/quadriceps strengthening within range 0-90 degrees

### 6-12 Weeks:

- Remove brace
- Regain full flexion (non weight-bearing deep flexion exercises)
- No loaded flexion beyond 90 degrees until 12wks (eg caution getting out of chairs etc)
- Continue hamstring/quadriceps/gluteal strengthening program
- Swimming; static exercise bike (high seat)

### 12-16 Weeks:

- Commence running
- Allow loaded flexion beyond 90 degrees
- Graduated return to training

### 16 Weeks:

- Return to contact sports