

**ISOLATED MENISCUS REPAIR PROTOCOL
EARLY WEIGHT BEARING
Dr. Jonathan D. Main**

GOAL:	STATUS:	EXERCISE:
<u>Phase 1: (0-2 wks)</u> IND CW LEG CTL	FWB Brace locked in 0° extension for ambulation. May unlock for sitting. Weight Bearing: none, toe touch, or full weight bearing in extension only.	SLR + weights as tolerated HIP ADD, ABD, EXT CO_CONT @ 15-30° PAT MOB, E-STIM P.R.N. WELL LEG EXERCISE (Fitron) 20 ICE T.I.D. ROM 0-90°
<u>Phase 2: (3-4 wks)</u> AROM 0-90°	Weight bearing: Toe touch or full weight bearing with brace locked in 0° extension. May unlock for sitting. Weight bearing in extension only.	ADD: WTS TO EX SG/S CO-CONT/BLR @ 45° ROM 0-90°
<u>Phase 3: (5-6 wks)</u> AROM 0-110°	Full weight bearing brace locked in 0° extension. May unlock for sitting. Weight bearing in extension only.	CYCLING (low resistance) SWIMMING (no push-off) TOE RAISES (flat surface) ROM 0-120°
<u>Phase 4: (7-8 wks)</u> AROM 0-135°	FWB Discontinue brace.	STAIRMASTER 0-30° WB EXERCISE (BB, CKC) CYCLING (mod. Resist) TOE RAISES (on step) ROM UNLIMITED
<u>Phase 5: (13-16 wks/4th month)</u> FROM	FWB	NORDIC TRACK ROWING MACHINE STAIRMASTER (0-60°)
<u>Phase 6: (17-20 wks/5th month)</u> FROM	FWB	IN-LINE JOGGING CYCLING (full resist)
<u>Phase 7: (21-24 wks/6th month)</u> FROM	FWB	RUNNING (OPD) (provided no atrophy, normal strength)
<u>Phase 8: (25th wk/7th month)</u> FROM	FWB	COMPETITIVE SPORTS FULL SQUATS APFT