



Sports Medicine

UNIVERSITY OF COLORADO

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Eric McCarty, M.D.

MENISCUS REPAIR

0-4 weeks post op RESTRICTIONS

- Weight bearing: first week: partial weight bearing (1/3 weight) with brace locked in extension. ***See below for root repair protocol.
- PWB from post op weeks 1-3
- Brace: Knee locked in extension until can perform a straight leg raise, then ok to open 30 degrees a week (0-30, 0-60, 0-90 until three weeks)
- No flexion of knee >90 from 0-3 weeks
- Wean from crutches to full weight bearing with normal gait between post op weeks 3-4
- Pain/edema control, patella mobilizations if necessary
- Modalities as needed
- Quad sets/Hamstring co-contractions as multiple angles 13x10 2-3x's daily
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- Obtain full extension if lacking

***If it is a ROOT repair, no weight bearing for 4 weeks. Partial weight-bearing from 4-6 weeks. Full weight bearing at 6 weeks. Progress ROM beyond 60 degrees after 3 weeks.

4-8 weeks post op

- Stationary Bike with seat high and lower to normal seat height as tolerated
- Leg press with 50% BW MAX!
- Leg extensions within ROM restrictions, use high volume and light weight
- Leg curls within ROM restrictions, use high volume and light weight
- Full WB
- No pivoting, twisting, hopping, jumping, running
- Encourage full ROM as tolerated
- Normalize gait mechanics
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Treadmill forward and retro walking
- Single leg stands for proprioception
- Cardiovascular Equipment of choice
- Slide Board – start with short distance and increase as tolerated
- Be aware of PF signs and symptoms and manage accordingly



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8 weeks post op

- Increase progressive resistance exercises for strength, high intensity low volume; full ROM
- Single leg squats

10 weeks post op

- Assess light jogging on treadmill, AlterG, or pool

12 weeks post op

- Plyometrics with both feet and low height at 11 weeks
- Running – progressive running, start with linear only at 12 weeks
- Plyometrics for speed and power

14-16 weeks post op

- Clearance from doctor prior to return to sport