



## Meniscus Repair Protocol

<u>Time Post Reconstruction</u>	<u>Rehabilitation Components</u>
0 – 6 Weeks	*full time brace wear, locked in extension for walking, unlocked when not walking *full weight bearing with crutches. Discontinue crutches after 6 weeks. *perform quad sets and straight leg raises with brace on.
6 – 9 Weeks	*obtain FROM then begin strengthening *treadmill and jogging initiated
9 – 12 Weeks	*increase to running on treadmill then outside *begin sports specific activities near 12 weeks
3-6 Months	*Return to Sports Criteria 1) full ROM 2) quad strength 95% of unaffected knee 3) single leg hop within 6 inches 4) supine single leg squat 95% 5) able to run, cut, jump without limp 6) mentally ready for return 7) okay'd by Dr. Smitherman

Visit my on-line clinic at [www.GreatBones.com](http://www.GreatBones.com) or contact my office by telephone at (806) 797-4985 for any questions.