



Rehabilitation after Knee Meniscus Repair

Post-op Phase	Weight bearing status	Use of brace	Passive ROM and Active ROM	Strength training and proprioception exercises	Return to running and sports	Recommended Restrictions
Phase One First week after surgery	WBAT with crutch(s)	Postoperative Brace when ambulating Locked in full extension	Limit knee flexion to 90°	Quad sets, heel slides, ankle pumps	none	Avoid pivoting a varus/valgus stresses No flexion beyond 90°
Phase Two 2 to 6 weeks after surgery	FWB crutches	Postoperative Brace when ambulating Locked in full extension	Limit knee flexion to 90° Stretch calf and hamstring.	Quad sets , SLRs, wall slides, partial squats to 45° knee flexion, toe-raises. Ankle weight resistance	none	Continue restrictions from Phase 1
Phase Three 6 to 12 weeks after surgery	Full Crutches discontinued	Postoperative brace discontinued	Begin stationary cycle Stretch all muscle groups	Continue leg lifts with ankle weights, wall slides and squats (less than 90° knee flexion) Leg press Step up-down	none	Avoid patellofemoral overload Avoid squatting, Stair stepper machines. Avoid pivoting o twisting on knee
Phase 4 12-16 weeks after surgery	Full	Neoprene sleeve optional	No restrictions	Return to weight training Single leg strengthening	none	Continue above precautions
Phase 5 16 to 20 weeks after surgery	Full	Neoprene sleeve optional	No restrictions	Gradual and progressive	Progressive running straight ahead up to 30 minutes	Continue above
Phase 6 20 weeks after surgery onward	Full	Neoprene sleeve optional	No restrictions	Gradual and progressive	Speed and agility running program begins. Progressive return to sports, as tolerated, at 6 months post-surgery.	Continue above Progress to full activity as tolerat