

Arthroscopic Meniscus Repair

Post-Op Protocol for
Mathew Taylor, M.D.



** Bucket-handle repairs will go slower with WB flexion progression (4 weeks locked, then progress)
** Root repairs & radial repairs will be strict NWB x 6 weeks, ROM per Root Repair Protocol

Phase 1: Immediate postop
Weeks 1-2

- Routine simple repair: WBAT locked straight x 2 weeks
 - Discontinue crutches as comfort & gait safety allows
 - Sleep with brace locked straight first week, then D/C
- Encourage NWB ROM 0-90, active and passive
- Bike for ROM, not for cardio
- Encourage patellar glides, SLR / quad sets, hip add / abd
- NMES unit for quad recruitment

Phase 2 Weeks 3-6

- Routine repair: WBAT 0-30; progress 30 degrees per week
- Discontinue brace as quad control improves (Goal is to d/c by 4 weeks) ... but no WB flexion beyond 90 x 6 weeks
- Full NWB ROM; Bike for ROM; routine NMES
- Scar management with Vitamin E oil

Phase 3 Beyond 6 weeks

- Full WBAT
- From 6 weeks to 3 months ... ok WB in flexion beyond 90 degrees, but no deep resistance
- Beyond 3 months ... ok full WB flexion with resistance