

STABLE MENISCAL REPAIR

PHASE	WEIGHT BEARING	BRACE	ROM	GOALS	TREATMENT	CLINICAL MILESTONES
PHASE I Weeks 1–4	- WBAT with crutches - Wean off crutches when comfortable	Locked at 0°	- Wks 0–2: 0°–70° - Wks 3–6: 0°–90° - Wks 7–4mo: 0°–130° - No hyperflexion until 4 months	- Wound healing - Quadriceps activation - Decrease effusion - Restore full extension - Normalize patella mobility - Initiate proximal strengthening	- Ice, compression, elevation - Electrical muscle stimulation - Scar tissue mobilization - Active assisted ROM - Strengthening: quad isometrics, hamstring isometrics, hip abduction/adduction	+1 effusion - Good quadriceps set - Good patella mobility - Pain-free at rest - AROM 0–90° - Single limb stance
PHASE II Weeks 4–6	- FWB - Normalize gait	Unlocked 0–90° if SLR without extensor lag	Gradual increase to 90°	- Brace unlocked 0–90° - Progress to closed kinetic chain exercises - Avoid patellar pain	- Pain management & effusion control - Neuromuscular re-education of quads - Mini squats, step-ups, toe raises - Upper extremity reaches - ROM & flexibility exercises - Cardiovascular training: cycling	- FWB with normal gait - AROM 0–90° - Good quad recruitment - SLR without lag - Normal patellar mobility
PHASE III Weeks 6–10	Full	None	- Flexion to 130° until 4 months - Avoid pivoting	- Increase strength, power, endurance - Normalize knee ROM - Prepare for advanced exercises	- Progress quad strengthening exercises - Standing balance & proprioception training - Lateral step-ups, leg press, step-downs - Isokinetic & endurance exercises - Swimming, StairMaster, mini-squats, cycling, Nordic Track	- Improved unilateral stance stability - Minimal to no pain - Full ROM achieved - Equal hip strength bilaterally - Isokinetic quad strength <20% contralateral deficit
PHASE IV Weeks 11–16	Full	None	Avoid hyperflexion	- Increase power and endurance - Return to skill activities - Prepare for full unrestricted activity	- Strengthening & endurance exercises - Agility drills & plyometric training - Sport-specific drills - Initiate running program - Initiate cutting program	- Full confidence in knee - Pain-free activity at 5 months - Satisfactory clinical exam - Functional testing ≥90% contralateral - Isokinetic testing ≥90% contralateral

Please fax progress notes. | ROM restrictions may be modified based on intraoperative findings.