

Center for Athletic Medicine
Dr. Preston Wolin
Meniscal Repair Protocol

~Please call 773.248.4150 with any and all questions~

Post op Week 0 to 4:

- NWB with brace set from 10deg hyperextension to 90 deg flexion
- Leave brace on and open while sleeping (set at 10-0-90deg)
- When participating in physical therapy patient is NOT to exceed 90deg of flexion with ANY activities including PROM, AROM, ther.ex and when taking ROM measurements
- NO mini-squats, lunges, step ups/downs allowed in PT until >4 months post-op

Post op >4weeks:

- Progress to full ROM and FWB as tolerated
- Please open brace to allow full knee ROM at 4 weeks post op and continue to wear with weight-bearing activities until 6 weeks post op (ok to d/c for sleep at 4 weeks)
 - Progress out of brace as tolerated at 6 weeks post op when patient demonstrates adequate quadriceps strength
- May begin bicycle for active warm up during physical therapy

Post op >4months:

- May begin jogging, lunging, 45-70deg squatting (as tolerated, avoid pain), and step ups

Post op 6months:

- May begin Jumping, deep squatting and axial loading activities as tolerated

*****If a patient is not progressing, please call the office for recommendations*****