

Dr. Preston Wolin
Meniscal Repair Protocol

Please call 773.248.4150 with any questions, or if patient is not progressing

- Week 0 to 4
 - NWB with brace set from 10 deg hyperextension to 90 deg flexion
 - Leave brace on and open while sleeping (set at 10-0-90 deg)
 - When participating in physical therapy, patient is NOT to exceed 90 deg 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

- > 4 weeks
 - Progress to full ROM and full WBAT
 - 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

- > 4 months
 - May begin jogging, lunging, 45-70 deg squatting (as tolerated, avoid pain), and step ups

- 6 months
 - May begin jumping, deep squatting, and axial loading activities as tolerated