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## **Rehabilitation Instructions**

### Meniscal Repair

#### **Phase I (0-2 weeks):**

**Brace:**

- Locked at 15-60 degrees

**Weight Bearing:**

- Toe touch weight bearing with crutches

**Range Of Motion (ROM):**

- AAROM 15-60 degrees; Full extension BID

**Strengthening Exercises:**

- SLR in brace
- Heel slides
- Patellar mobilizations

#### **Phase II (2-6 weeks):**

**Brace:**

- Full extension. Set flexion to patients AROM

**Weight Bearing:**

- TTWB until 4 weeks, advance to WBAT by 6 weeks

**ROM:**

- AAROM 0-90 degrees

**Strengthening Exercises:**

- Knee extensions (90-30 Heel raises/Toe raises)
- Quad sets
- Partial wall sits
- Multi-angle isometrics (15-90 degrees). No hamstrings until week 6

#### **Phase III (6-12 weeks):**

**Brace:**

- D/C when flexion is 120 degrees

**ROM:**

- Full Active ROM

**Strengthening Exercises:**

- Closed-chain exercises, beginning hamstring work (no rotational work)
- Leg press and Lunges (**do not migrate over toe**)
- Initiate stationary bike
- Proprioception training

#### **Phase IV (12-16 weeks):**

**Strengthening Exercises:**

- Focus on single leg strengthening
- Plyometrics, Sport-specific drills when isometric quad 80%

#### **Phase V (>16 weeks):**

**Strengthening Exercises:**

- Return to sport when single leg hop for distance is 85%