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Meniscus Repair Protocol

NWB and ROM 0-90 degrees for 4 weeks then progress to full flexion

Phase I (0-6 weeks)

- Restore normal patellar mobility
- Minimize swelling/effusion
- Restore neuromuscular quad control

Specific Exercises:

Patellar Mobilizations
Quad Sets (with NM E-stim)
SLR and S/L hip abduction
Heel slides (depending on MD restrictions; may be to limited range)
Gastrocnemius Stretch
Bilateral Shuttle Leg Press

Phase II (7-12 weeks)

- Build endurance strength and functional muscular control
- Restore stability in all planes and varied proprioceptive environments
- Incorporate core strengthening program
- Develop pain-free cardiovascular program

Specific Exercises:

Double/Single leg bridges
Dynamic Warm-up
Shuttle (Progression: Bilateral → Unilateral → Bilateral Jumps → Unilateral Jumps)
Balance Board (Progression: Sagittal → Frontal → UE manipulation w/ balance board)
Step-ups (Progression: Sagittal → Frontal → Transverse → UE manipulation with step-ups)
BW double/single leg squats (progress depth as hip/knee control improves)
Forward + Backward Jogging/Lateral agility (Progression: no weight → green sport cord → black sport cord)

Phase III (13-20 weeks)

- Prepare for return to sport or high-demand activity
- Adjust variables of speed, power, intensity
- Incorporate technique and skill acquisition – sport and position-specific
- Continue focus on cardiovascular and core conditioning as appropriate

Specific Exercises:

Focus on increasing sets/time duration of 4 Sport Cord exercises to prepare for test
Interval Training