

Meniscal Repair Protocol

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ROM 0-90 x 4 weeks, then progress to full

WB: TTWB x 4 weeks, then progress to full - can be FWB if in immobilizer/hinged knee brace locked in extension

*For posterior or large repairs, flexion limited to 70 degrees x 2 weeks, then advance to 90 degrees until 4 weeks, then progress to full afterwards.

Avoid pivoting twisting on leg for 12 weeks

If progressing well, start jogging at 12 weeks

No deep squatting for 6 months