

Cincinnati Sportsmedicine and Orthopaedic Center  
Rehabilitation Protocol Summary for Meniscus Repairs and Transplants

|   | Postoperative Weeks |                  |                                    |                                |                                  | Postoperative Months           |                                |                                |                            |
|---|---------------------|------------------|------------------------------------|--------------------------------|----------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------|
|   | 1-2                 | 3-4              | 5-6                                | 7-8                            | 9-12                             | 4                              | 5                              | 6                              | 7-12                       |
| <b>Brace:</b> Long-leg postoperative  | C, A, T             | C, A, T          | C, T                               |                                |                                  |                                |                                |                                |                            |
| <b>Range of motion minimum goals:</b><br>0-90°<br>0-120°<br>0-135°  | X                   | X                | X                                  |                                |                                  |                                |                                |                                |                            |
| <b>Weight bearing:</b><br>Toe touch – 1/2 body weight<br>3/4 to full<br>Toe touch – 1/4 body weight<br>1/2 to 3/4 body weight<br>Full   | P<br><br>C, T, A    | P<br><br>C, T, A | C, A<br><br>T                      | C, A                           |                                  |                                |                                |                                |                            |
| <b>Patella mobilization</b>   | X                   | X                | X                                  |                                |                                  |                                |                                |                                |                            |
| <b>Stretching:</b><br>Hamstring, gastroc-soleus,<br>iliotibial band, quadriceps   | X                   | X                | X                                  | X                              | X                                | X                              | X                              | X                              | X                          |
| <b>Strengthening:</b><br>Quadriceps isometrics, straight leg<br>raises, active knee extension<br>Closed-chain: gait retraining, toe<br>raises, wall sits, mini-squats<br>Knee flexion hamstring curls (90°)<br>Knee extension quadriceps (90-30°)<br>Hip abduction-adduction, multi-hip<br>Leg press (70-10°) | X                   | X<br><br>P       | X<br><br>C<br><br>P<br>X<br>X<br>P | X<br><br>X<br>C<br>X<br>X<br>P | X<br><br>X<br>X<br>X<br>X<br>X   | X<br><br>X<br>X<br>X<br>X<br>X | X<br><br>X<br>X<br>X<br>X<br>X | X<br><br>X<br>X<br>X<br>X<br>X | X<br><br><br><br><br><br>X |
| <b>Balance/proprioceptive training:</b><br>Weight-shifting, mini-trampoline,<br>BAPS, BBS, plyometrics  | P                   | X                | X                                  | X                              | X                                | X                              | X                              | X                              | X                          |
| <b>Conditioning:</b><br>Upper body ergometer<br>Bike (stationary)<br>Aquatic program<br>Swimming (kicking)<br>Walking<br>Stair climbing machine<br>Ski machine  |                     | X                | X                                  | X<br>X                         | X<br>X<br>P, C<br>X<br>P, C<br>P | X<br>X<br>X<br>X<br>P, C<br>P  | X<br>X<br>X<br>X<br>P, C<br>P  | X<br>X<br>X<br>X<br>P, C<br>C  | X<br>X<br>X<br>X<br>X<br>X |
| *Running: straight  |                     |                  |                                    |                                |                                  | P                              | P                              | C                              | X                          |
| *Cutting: lateral carioca, figure 8's   |                     |                  |                                    |                                |                                  |                                | P                              | P                              | X                          |
| *Full sports  |                     |                  |                                    |                                |                                  |                                | P                              | P                              | X                          |

Key: X = all meniscus repairs and transplants, P = peripheral meniscus repairs, C = complex inside-out meniscus repairs extending into middle third region, A, all-inside meniscus repairs, T = transplants, BAPS = Biomechanical Ankle Platform System (Camp, Jackson, MI), BBS = Biodex Balance System (Shirley, NY).

\*Return to running, cutting, and full sports based on multiple criteria. Patients with noteworthy articular cartilage damage are advised to return to light recreational activities only.