

Meniscal Repair Protocol

Dr. Michael Chiu, MD
Illinois Bone and Joint Institute
Phone: (847)870-6100
Fax: (847)870-8159

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 root repairs or large posterior repairs, knee immobilization in extension x 2 weeks, then advance motion to 90 degrees until 4 weeks, then progress to full motion afterwards, with TTWB x 6 weeks and remove brace at 6 weeks postoperatively.

Avoid pivoting twisting on leg for 12 weeks
If progressing well, start jogging at 12 weeks

No deep squatting for 6 months