

Accelerated Rehabilitation after Meniscal Repair

Phase 1: Weeks 0–2

GOALS

Full motion.
No effusion.
Full weightbearing.

WEIGHTBEARING

As tolerated.

TREATMENT

ROM as tolerated (0–90 degrees).
Cryotherapy.
Electrical stimulation as needed.
Isometric quadriceps sets.
Straight leg raises (SLR)

Phase 2: Weeks 2–4

CRITERIA FOR PROGRESSION TO PHASE 2

Full motion.
No effusion.
Full weightbearing.

GOALS

Improved quadriceps strength.
Normal gait.

THERAPEUTIC EXERCISES

Closed kinetic chain resistance exercises 0 to 90 degrees.
Bike and swim as tolerated.
Early-phase functional training.

Phase 3: Weeks 4–8

CRITERIA FOR PROGRESSION TO PHASE 3

Normal gait.

Sufficient strength and proprioception for advanced functional training.

GOALS

Strength and functional testing at least 85% of contralateral side.

Discharge from physical therapy to full activity.

THERAPEUTIC EXERCISES

Strength work as needed.

Sport-specific functional progression

Advanced-phase functional training.