



MENISCAL REPAIR REHABILITATION PROTOCOL

Peripheral meniscal repair – i.e. bucket handle repair

Fully Weight bearing

Start Physiotherapy within a few days of the operation

Static and active hamstring and quads exercises.

Review at 10-14 days post op

Your surgeon may advise a brace depending on the configuration

Review at 6 weeks

Between 6 and 12 weeks

Weight bear as tolerated

Full range of movement, but no loading of knee with >90 degrees of flexion

Review at 12/52 post op

Meniscal root repair

Touch weight bearing with crutches for 6 weeks

Hinged knee brace - 0-90 for 6 weeks

Static hamstring and quads exercises

Review 10-14 days post op

Review at 6 week

Between 6 and 12 weeks

Weight bear as tolerated.

Gentle range of motion

Full range of movement but no loading of knee with >90 degrees of flexion

Review at 12 weeks

No loading >body weight until 3/12 post op