

Noyes Knee Institute Rehabilitation Protocol for Meniscus Repairs and Transplants

	Postoperative Weeks					Postoperative Months			
	1-2	3-4	5-6	7-8	9-12	4	5	6	7-12
Brace: Long-leg postoperative	C, A, T	C, A, T	C, T						
Range of motion minimum goals 0°-90° 0°-120° 0°-135°	X	X	X						
Weight-bearing Toe touch to 50% body weight 75% to 100% body weight Toe touch to 25% body weight 50% to 75% body weight 100% body weight	P C, T, A	P C, T, A	C, A T	C, A					
Patella mobilization	X	X	X						
Stretching Hamstring, gastrocnemius-soleus, iliotibial band, quadriceps	X	X	X	X	X	X	X	X	X
Strengthening Quadriceps isometrics, straight leg raises, active knee extension Closed-chain: gait retraining, toe raises, wall-sits, mini-squats Knee flexion hamstring curls (90°) Knee extension quadriceps (90°-30°) Hip abduction-adduction, multi-hip Leg press (70°-10°)	X	X P	X C P X X P	X X C X P	X X X X X X	X X X X X X	X X X X X X	X X X X X X	X X X X X X
Balance/proprioceptive training Weight-shifting, minitrampoline, BAPS, BBS, plyometrics	P	X	X	X	X	X	X	X	X
Conditioning Upper body ergometer Bike (stationary) Aquatic program Swimming (kicking) Walking Stair-climbing machine Ski machine		X	X	X X	X X P, C X P, C P	X X X X P, C P	X X X X P, C P	X X X X P, C C	X X X X X X
*Running: straight						P	P	C	X
*Cutting: lateral carioca, figure eights							P	P	X
*Full sports							P	P	X

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

A, all-inside meniscus repairs; BAPS, Biomechanical Ankle Platform System (Camp, Jackson, MI); BBS, Biodex Balance System (Shirley, NY); C, complex R/W inside-out meniscus repairs; P, peripheral R/R meniscus repairs; T, transplants; X, all meniscus repairs and transplants.