

**MENISCUS REPAIR  
REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS**

LABEL:

DATE OF SURGERY: \_\_\_\_\_

**0 - 2 Weeks:**

NWB to operative leg – with crutches  
ROM limited to 0 – 90° in hinged rehab brace  
May remove brace for hygiene & sleep

**2 - 6 Weeks:**

WBAT with brace locked in full extension  
Continue ROM 0 – 90° in hinged rehab brace  
Focus on regaining full & symmetric extension  
Quad strengthening: Straight-leg raise

**6 - 12 Weeks:**

D/C Brace, continue WBAT  
Progress ROM to full flexion  
No weight-bearing with knee flexion >90°/no deep squats  
Begin hamstring strengthening

**12 Weeks:**

May begin straight-line jogging / running

**6 Months:**

Return to pivoting sports, deep squats