

Meniscal repair

1. Usually there will be no knee brace or splint
2. Dressings reduced at 48 hours
3. FWB but limit ROM 0 – 90 degrees for 4 weeks
4. 4 weeks to 8 weeks limit active ROM 0 – 90 degrees but progress to FULL passive ROM
5. 8 weeks to 12 weeks, full active and passive ROM but restrict weight bearing flexion to 90 degrees (no deep weight bearing squats)
6. Free of restriction at 12 weeks
7. This is most often combined with ACL reconstruction, follow standard ACL rehabilitation programme but with the above restrictions.