



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Meniscus Repair – Radial Tear

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-6)

Weight Bearing:

- ****Non-weightbearing x 4 weeks: then weightbearing as tolerated****

Hinged Knee Brace:

- Hinged knee brace x 6 weeks
- Locked in full extension for ambulation and sleeping- remove for hygiene and PT

Range of Motion: AAROM → AROM as tolerated

- **Weeks 0-4:** 0-90 deg (No flexion greater than 90 deg)
- **Weeks 4-6:** Full ROM as tolerated

Exercises (to be performed during the first 6 weeks post op)

- Quad, hamstring sets, heel slides, straight leg raises, co-contractions
- Isometric abduction and adduction exercises
- Patellar mobilization

At week 4: WBAT, focus on regaining full ROM, can begin partial wall sits with knee flexion less than 90 degrees

Phase II (Weeks 6-12)

Weightbearing: As tolerated -- discontinue crutch use at 6 weeks if still using

Hinged Knee Brace: Discontinue brace use when patient has achieved full extension with no evidence of extension lag

Range of Motion – Full active ROM

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

Therapeutic Exercises

- Closed chain extension exercises, Hamstring strengthening
- Lunges – 0-90°, Leg press – 0-90°
- Proprioception exercises
- Begin use of the stationary bicycle

Phase III (Weeks 12-16)

Weightbearing: Full weightbearing with normal gait pattern

Range of Motion – Full/Painless ROM

Therapeutic Exercises

- Continue with quad and hamstring strengthening
- Focus on single-leg strength
- **Begin jogging/running**
- Plyometrics and sport-specific drills

Phase IV (Months 4-6)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____