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REHAB FOR MENISCAL REPAIRS

(Use these modifications if protocol states “Meniscal Precautions”)

WEEK 1 - 2

- Wear the brace at all times, including for sleep. Remove only to shower and for exercises.
- Touch-down weight bearing with brace locked in full extension. Crutches for assistance.
- It is ok to flex the knee to 90 degrees as long as you are not bearing any weight.

WEEKS 3 – 6

- Wear brace at all times except for sleeping or showering with brace set for 0-90 degrees while not weight-bearing.
- Partial weight-bearing with brace locked in extension only. (Unlock for sitting, getting in car, etc...)

AFTER 6 WEEKS

- You may be out of the brace at all times.
- Ok to flex past 90 degrees. No squatting with weights.
- Continue with PT protocol.
- Begin straight ahead running at 4 months.
- Initiate running, cutting and agility drills at 5 months.
- No competitive sports until 6 months.