

KNEE MENISCUS REPAIR PROTOCOL

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Patient _____
 DOS _____

WEEK 1-2	WEEKS 3-4	WEEKS 5-7	WEEKS 8-12	WEEKS 13+
Gait training: 0 % WB with crutches	Gait training: 5% WB with crutches	Gait training: Increase 25% per week, goal 50%-75%. WB with assistive device to promote non-antalgic gait	Gait training: Increase to full WB. Promote non-antalgic gait. D/C crutches as able.	Begin straight line jogging at 3 months.
Short or long collateral brace set 0°-45°. May remove for PROM. PROM: Goal 0-90°	Continue with previous exercises. Increase repetitions, focus on quality and technique. Biofeedback or NMES for quadriceps training.	Brace to allow full ROM. Continue ROM, Goal 0-135°. Progress as able.	D/C Brace. Progress ROM to full knee flexion. Maintain 0° extension	Deep squatting permitted at 4-6 months.
Ankle Pumps	Brace 0-60°	Stationary Bike	Progress strengthening of Quad and hip groups	Pivoting and cutting at 4-6 months.
Patellar Mobs	AROM, AAROM and PROM to knee. Goal 0-120 °. Progress as able.	Terminal Knee Extension in standing with tubing	Total gym with single leg.	Agility training at 4-6 months.
Quadricep Sets/ Straight Leg Raises	Short Arc Quads	Hamstring curls, AA, A, then resistive	Squats to 90°	Return to sport 4-6 months.
SAQ	Long Arc Quads	Total Gym, double leg, low level or leg press	Wall sits	
LAQ	Clamshells	Wall squats	Balance, higher level	
Hip Isotonics-Abd, Add, Ext	Terminal Knee Extension in standing.	Lateral and front step-ups	Address functional activity demands.	
Hamstring, Quad, Gastrocsoleus Stretching.		Double leg balance/proprioception	Goals: Improve strength and endurance. Maintain full ROM. Gradually increase intensity of exercise.	
Goals: Control inflammation and effusion. Allow early healing. Full knee extension. Gradually increase knee flexion. Independent quadriceps control.		Pool if available		
		Gait activation - March - Sidestep - Backwards		

Any Questions? Please contact:

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Goals: Full PROM. No swelling or inflammation. Re-establish muscle control. Proper gait pattern.