

Center for Athletic Medicine
Dr. Preston Wolin
Meniscal Repair Protocol

~Please call 773.248.4150 with any and all questions~

Brace set from 10 degrees hyperextension to 90 degrees flexion and patient in NONWEIGHTBEARING, may be FWB with knee brace LOCKED in full extension with brace x 4 wks (depending on tear size)

Leave brace on and open while sleeping.

Flexion to 90 degrees x 4 wks, then progress to FROM and FWB as tolerated

Begin bike at 4 wks

Begin jogging at 3-4 months

No jumping, deep squats, or axial loading x 6 months

*****If a patient is not progressing, please call the office for recommendations*****