Meniscal Repair Protocol
(Isolated Radial Lateral Meniscal Tear)

This protocol is suitable for adults (>16 years) with primary, isolated repair of a radial lateral meniscal tear using all-inside fixation. Please consult with the attending surgeon to ensure no significant alterations to the protocol are required.

Initial Precautions
Bracing is not required post-operatively.
Avoid full weight bearing or knee flexion >90° for 6/52.
Avoid full squatting and jogging for 12/52.

0-6 Weeks
• Pain relief and swelling management (POLICE).
• Crutches: TTWB.
• Non-weight bearing knee ROM between 0-90°.
• TAQ’s, SLR.
• Patella mobilisation (superior/inferior, medial/lateral).

6-12 Weeks
• Full, non-weight bearing ROM as tolerated.
• Crutches: progress to FWB (if no limp) as able.
• Static bike once able to fully rotate on pedals, gradually increasing resistance.
• CKC and OKC strengthening exercises, gradually increasing resistance.
• Double legged proprioceptive ex’s (e.g. Bosu ball).
• Progress strength and proprioceptive ex’s to single leg once FWB.

12 Weeks +
• Jogging/running if competent and no adverse reactions.
• Sitting on heels and deep squatting as comfort allows.

24 Weeks +
• Return to sports.

References:
