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ERIC HEIDEN M.D. MENISCUS REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
PHASE I Days 1-10 Maximum Protection Phase	25-50% weight bearing as tolerated with 2 crutches	Locked in full extension for ambulation and sleeping; 0-90° for exercises	Gradually increase passive 0-90°	Ice, compress, elevate Stretch hamstring/calf, patellar mobilization, straight leg raises, quad sets, hip abduction/adduction, knee extension 60-0° Avoid active deep knee flexion
PHASE I 2-4 weeks Maximum Protection Phase	Discontinue crutches when safe and proper gait (week 3-4)	Locked in full extension for ambulation	Passive ROM Goals: Week 2: 0-90° Week 3: 0-100/110° Week 4: 0-110/120°	Ice/compression as needed Multi-angle quad isometrics, straight leg raises (4 planes), knee extension 90-0°, CKC mini-squats 0-45°, CKC wall squats, CKC weight shifts (diagonal) Balance training (cone step-overs) Bicycle (once ROM appropriate)
PHASE II 5-8 weeks Moderate Protection Phase	Full, without use of crutches and with a normalized gait pattern	Discontinue use at weeks 4-5	Maintain 0-135°	Strength: Leg press 70-0°, knee extension 90-40°, hip abduction/adduction, wall squats 0-70°, vertical squats 0-60°, lateral step-ups Balance: squats rocker board, cone step-overs, bicycle, pool therapy Avoid twisting, pivoting, running and deep squatting
PHASE III 9 weeks – 4 months	Full	None	Maintain full and pain-free	Week 9: Continue all strengthening exercises above; begin light resisted hamstring curls, stair stepper, toe calf raises Progress balance training, isotonic strengthening program Week 12: initiate pool running if avail.
PHASE IV 4-6 months	Full	None	Full and pain-free	Continue and progress all strengthening exercises and stretching drills 4 months: deep squatting permitted, initiate straight line running 5 months: initiate pivoting, cutting, agility training Gradually return to sports