



These guidelines, treatments, and milestones have been established to assist in guiding rehabilitation of meniscal repairs.

When implementing the below guidelines for rehabilitation of meniscal repairs with concomitant procedures, consider the following: - o With ACL reconstruction: - Promote protection of the ACL graft by limiting excessive anterior tibial translation - o With ACL and MCL repair: - Limit excessive anterior tibial translation - Avoid aggressive posterior tibial translation - Use of the Soreness Rules ⁶when determining exercise progression	No loaded knee flexion beyond 45° until week 5³ No loaded knee flexion beyond 90° until week 8 No forced knee hyperextension if anterior horn repair No forced knee flexion if posterior horn repair Avoid OKC exercise from 0-30° and CKC exercise from 90-120° if patient shows signs/symptoms of patellofemoral irritation^{4,5}	Shorter meniscus healing time if concomitant cruciate repair^{7,8} Biopsychosocial factors such as pain catastrophizing, fear-avoidance behavior, and exercise self-efficacy



