Meniscus Repair Guidelines

• General Rehab Goals:
  • NL ROM with return to ADL’s/ work/ sport
  • NL strength and proprioception
  • NWB status per MD, see below post op restrictions
  • Return to sports 10-12 weeks
  • Control pain and swelling

• Pre-op Requirements:
  • Normal Gait
  • AROM of 120 Degrees
  • Strength ≥ 4/5
  • Minimal effusion
  • Educate in post-op exercise program (QS, SLR x4, Heel and Wall Slides)
  • Educated in ambulation with crutches

• Day One Post-op:
  Goals:
  1. Control pain and swelling
  2. NL extension- day one
  3. Elicit quad contraction

  Instructions:
  1. Wound care/ dressing
  2. Showering
  3. Cryocuff
  4. Medications

Educate in post-op restrictions:
  1. NWB x 4wks, PWB week 5, FWB beginning at week 6 per KPS
     WBAT when able (~1.5 wks) in immobilizer locked in full extension x 6 wks per JK, WD
  2. Use immobilizer until good quad control (10 unassisted SLR, flexion)
  3. Posterior horn repair limit to 90 degrees until MD approval (increase @ wk 5)

Educate in post-op exercises:
  1. Quad sets
  2. Straight leg raises x 4
  3. Heel and wall slides
  4. Focus on obtaining full knee extension (utilize heel props but no hyper-extension)
• Phase I (week 1-4)

Goals:
1. ROM - 90 degrees (increase per physician orders)
2. Establish and maintain good quad control
3. Establish good hip control (10 unassisted SLR all 4 directions)
4. D/C immobilizer with good quad control

Week 1

ROM- 90 degrees, patellar mobs, hamstring stretches
Add exercises:
1. SLR - eccentric and weighted until able to do 7lbs.
2. Exercise bike
3. Un-resisted prone ham curl

Week 2-4

ROM- 90/100 degrees (except posterior horn, limit @ 90 until wk 5)
Add exercises:
1. Hamstring Curl
2. Seated calf
3. Multi-hip
4. Knee extensions

• Phase II (week 4-6)

Goals:
1. Progress from PWB to FWB @ 5 weeks per MD
2. AROM 0-120/ full
3. Maintain good quad and hip strength
4. Ambulate without a limp

Week 5 (begin transition to PWB per KPS)

ROM- 110-120 degrees (90/110 posterior horn)
Add exercises:
1. Leg press
2. Seated calf raises
3. Standing TKE with T-band (PWB)

Week 6 (Achieve FWB)

AROM: 0-120/ full (110/120 posterior horn)
Add exercises:
1. Standing calf raises
2. Step down forward and lateral (height to tolerance)
3. Retro walking on treadmill
4. Proprioception exercises
• Phase III (week 7-end)

Goals:
1. Begin jogging/ running progression
2. Advance proprioceptive and agility drills
3. Sport specific activities
4. Attain 80% quad/ hamstring strength compared to opposite
5. Gradual return to sports/ activities
6. Maintain full ROM (compared to opposite)
7. Return to pain free ADL’s

Weeks 7-10
AROM : 0-120/ full degrees- including posterior horn
Add exercises:
1. Fitter (lateral)
2. Quarter squats
3. Slide Board
4. Sports Cord (Resisted progression forward and backward- walking)
5. Proprioception (Trampoline - one leg balance with and without ball toss)
6. Wall squat
7. Static lunge
8. Front-back shifts on fitter
9. Walking lunge
10. Power walking

Week 10-12
AROM : Full-Maintain
Add exercises:
1. Full extension PRE’s
2. Jog on flat level surfaces
3. Lateral sports cord (walking)
4. Sports Cord Running - forward and backward
5. Isokinetic workouts
6. Continue running progression
7. Sport specific skills with proprioception