HaysMed

Meniscus Repair

General Principles:
This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision making regarding a patient's progression. Actual progression should be individualized based upon your patient's physical examination, progress, and presence of any complications.

PHASE I: (Immediate)

Week 1-2

Orthotics-
1. Elastic bandage at all times for Day 1 and 2, then only as needed for swelling
2. Knee brace should be worn, locked in full extension, at all times except for exercises

Weight Bearing-
1. Toe touch weight bearing with 2 crutches or walker
2. Radial and root tears NWB for 6 weeks

Modalities (PRN)-
1. Ice, compression, and elevation as needed
2. Electrical stimulation for pain or muscle re-education
3. Ice for 20 minutes following exercises throughout the protocol

ROM-
1. Active and passive ROM from 0 to 90 degrees

Exercises-
1. Quad sets / Hamstring Sets
2. Ankle Pumps
3. Calf, Hamstring, Prone Hangs, and Knee extension stretching
4. May start Heel Slides / Wall Slides for full ROM as tolerated
    a. Assist with un-involved leg if needed to improve ROM
5. Straight Leg Raises
    a. All planes
    b. Add resistance as tolerated
6. Open Chain Hip strengthening / Multi-Hip machine

PHASE II (Intermediate)

Week 3 – 4

Orthotics-
1. Knee brace should be worn at all times
2. Brace may be unlocked, 0-90 degrees during ambulation

Weight Bearing-
1. Continue TTWB for 4 weeks or NWB for radial and root tears

Modalities (PRN)-
1. Continue Phase I modalities as needed

(cont'd weeks 3-4)

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ROM-
1. 0-90*, gentle progression beyond 90* at 4 weeks

Exercises-
1. Continue Phase I exercises *Use of BFR as indicated at 4 weeks
2. Open Chain strengthening for Quads and Hamstrings
    a. Start with no resistance, from 0 to 90 degrees only
    b. May progress resistance as tolerated
3. Aquatic exercises within weight bearing restrictions

PHASE III (Strengthening)

Week 5 – 7

Orthotics-
1. May discontinue use of knee brace after 6 weeks

Weight Bearing-
1. Progress to Full weight bearing as tolerated with normal gait

ROM-
1. Progress to Full Active and Passive ROM as tolerated

Exercises-
1. Continue Phase II exercises
2. Stationary Bike, NU-Step
    a. No resistance at first, progress resistance as tolerated
3. Shuttle / Leg Press
    a. Bilateral only
    b. Resistance must stay within weight bearing restriction
4. Initiate closed chain strengthening activities as weight bearing allows
    a. Step Ups, Lunges, Mini-Squats ***NO squatting beyond 90* for 3 months**
5. Progress resistance on Hamstring and Quad Isotonics as tolerated
    a. May progress to resistance weight machines
6. Standing balance / proprioception activities

PHASE IV (Advanced Strengthening)

Week 8 - 11

Exercises-
1. Continue Phase III exercises
2. Elliptical Runner
3. Progress to aggressive open and closed chain strengthening
4. Isokinetics 180-300 degrees/second

Week 12 - 14

Exercises-
1. Straight ahead jogging
2. Initiation of light sports activity

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a. Plyometrics, Shuttle Bounding, DIME warm up

Weeks 15+

1. Sport specific / rotational movements and agility
    a. Multi-directional agility drills
    b. Lateral movements
    c. See Interval Golf and Interval Running programs
2. Criteria to be released for return to sport
    a. Lower extremity functional test per surgeon request (Goal: 90% of uninvolved leg)
    See Lower extremity functional test protocol and form
    Please complete form and return to surgeon

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