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Meniscal Repair

Rehabilitation Guidelines

This protocol is not meant for root repairs which have a unique protocol

Acute/Immediate Post-Operative Phase 0-4 weeks

GOALS:

- Decrease swelling
- Re-establish quadriceps control
- Begin ROM – 0-90 degrees flexion until PT

Guidelines

- Bracing: Extension Lock Splint (ELS) locked at -10; can be removed for exercises. If you have an unloader brace for a root repair there is no lock on extension.
- WB status with **brace locked at -10 degrees** with assistive device (ONE OF THREE OPTIONS:)
 - Peripheral (vertical/longitudinal) tear
 - Weeks 0-2: TTWB- ½ body weight
 - Weeks 3-4: ¾ - FWB
 - Complex tear repair
 - Weeks 0-4: TTWB
 - Strict NWB 6 weeks
 - Weeks 0-6: NWB
- PROM:
 - Weeks 0-4: 0-90 degrees
- Exercises: Quadriceps setting with e-stim as needed, SLRs – flexion, abduction, extension and adduction (in brace locked in extension), patellar mobilization, calf, quad and hamstring stretching-seated only, ankle pumps without with band, seated knee flexion 0-90 degrees
- Weeks 3-4 peripheral only: Weight shifting, toe raises, quarter squats, proprioception activities in brace only, supine wall walks for knee flexion

Moderate Protection Phase 5-6 weeks

GOALS:

- Full knee flexion and extension ROM
- Muscle Control
- Normalize gait (peripheral)

Guidelines

- Bracing: 6 weeks
- WB status: peripheral: as tolerated; complex: TTWB – ¼ body weight (in brace); strict NWB until week 6
- AROM: As tolerated
- Exercises: Heel/toe raises, quarter half squats, Multi-Hip Machine with proximal resistance, seated knee ext (no weight) 90-30 degrees, proprioception/balance activities (complex in brace), bike once has 110 degrees knee flexion
- Peripheral tear: Hamstring curls (no weight), heel slides, front step-ups and leg press 70-10 degrees

Minimal Protection Phase (Progressive ROM/Strengthening) 7-12 weeks

GOALS:

- Full knee flexion and extension ROM
- Normal gait without brace or assistive device
- Good quadriceps control
- Good proprioceptive control

Guidelines

- WB status: WBAT without brace/crutches (all)
- ROM: as tolerated

- Exercises: Continue quad strengthening (leg press, squats lunges), stretching all directions, lateral step-ups step-downs, stationary bike, proprioception activities bilateral unilateral, hamstring curls

Return to Sport Phase

- Exercises: Slowly progress to treadmill walking running in straight line, sport specific activities, progress proprioception activities as tolerated.