



Isolated Meniscal Repair

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Phase	WB status/gait	Bracing	ROM guidelines	Early Exercises
Weeks 0-4	TTWB x 2 wks in brace <u>3-6 wks (or as directed by physician):</u> FWB, brace locked in full extension <u>D/C crutches</u> when FWB pain-free	<u>D/C brace</u> after 6 weeks when SLR with minimal to no lag Remove brace to sleep and shower at 3 weeks	0-6 wks: <90° flex. 6-10 wks: NWB flex > 90° WB flex < 90° 12 wks: WB flex > 90°	Begin PT 1-2 weeks, monitor ROM/quad firing through week 6 Quad set +/- E-stim SLR x 4 SLB static/dynamic Weight shifts, toe raises Address the core LE Stretching Bike/Nu-Step pain-free (follow ROM guidelines)

Phase	ROM	Strength	CKC/Function	Other/Precautions
Weeks 0 – 4 ROM	<u>Goals:</u> Full extension Flexion <90° 10mm superior glide of patella Patellar mobs	<u>Goals:</u> Quad activation SLR without lag		program can be home based if achieving: -ROM targets -quad firing -controlled effusion
Weeks 4 - 8 Muscle Re-Education	<u>Goals:</u> 0°-125° Progressive pain-free flexion at 6-8 wks: flexion > 90° Prone hangs, heel sags, joint mobilization if lacking extension	<u>Goals:</u> Good quad control Leg press at 6 weeks SLR w/ wts. Core strengthening	<u>Goals:</u> Normal gait without crutches or brace, begin training at 6 weeks <u>WB ex's:</u> Begin 6 wks (<90°), Step-ups, step-downs (2"-4"), SLB, wall slides, assisted squats, side jumps/ calf jumps within ROM guidelines	Unlock brace for rehab at 6 weeks All ex's pain-free No posterior glides of tibia on femur No PF or patellar tendonitis Symptoms No depth jumps or lunging deep into flexion Watch for compensations/quad avoidance strategies by the patient

Phase	ROM	Strength	CKC/Function	Other/Precautions
Weeks 8-12 Muscle Re-Education Strength Training	<u>Goals:</u> Flexion within 10% of involved side Quad stretch with belt if not meeting targets	<u>Goals:</u> Double leg press \geq body weight Strength 4+ - 5/5 Continue hip, knee PRE's Core strengthening	<u>Goals:</u> Good single leg quad/hip/pelvic/core control 80% single leg balance reach Progress medial step-downs, SL squats, progressive multi-planar lunges	<u>Goals:</u> No difficulty with ADLS, work SL squat of uninvolved side optimally \geq 85° Watch for compensations/quad avoidance strategies by the patient.
Weeks 12+ Return To Function 3-6 months	<u>Goals:</u> Flexion within 10% of involved side	<u>Goals:</u> 5/5 strength quads, hamstrings, hips Strength 85% uninvolved side Single leg press \geq 80% body weight Good core strength	<u>Goals:</u> Good single leg quad/hip/pelvic/core control <u>Functional tests</u> 85% of uninvolved side: SL hop for distance SL balance reach SL squat Sport specific activities	<u>Goals:</u> Independent with written, progressive HMP <u>12 weeks:</u> Resume full squat Return to contact sports when cleared by physician