

Meniscus Repair Rehab

Phase I – Immediate Post-Surgical Phase (Days 1-14)

Goals:

1. Maintain integrity of the repair
2. Diminish pain and inflammation/effusion
3. Prevent muscular inhibition
4. Full passive knee extension
5. Gradually increase knee flexion

Days 1-14

- Elevation
- Brace locked at 0 degrees for ambulation and sleeping
- Cryotherapy/Ice for pain and inflammation – 15-20 minutes every hour
- PROM 0-45 degrees
- Patella mobilization
- Stretch hamstrings and calf
- Strengthening exercises
 1. Quad sets
 2. SLR flexion of hip
 3. Hip abduction/adduction
 4. Knee extension
- Foot Flat Weight Bearing (FFWB), weight of leg, with two crutches

Phase II – Protection Phase (Weeks 2-4)

Goals: As above

Precautions: **AVOID TWISTING, DEEP SQUATTING, AND STOOPING**

Weeks 2-4

- Continue cryotherapy/ice
- Continue brace locked for ambulation
- Strengthening exercises
 1. Mult-angle quad isometrics

2. SLR in all 4 planes
3. Knee extension 90-0

ROM Guidelines

- Week 2: 0-45 degrees
- Week 3: 0-65 degrees
- Week 4: 0-90 degrees
- Week 5: 0-100 degrees
- Week 6: 0-110 degrees
- Week 7: 0-120 degrees
- Week 8: 0-135 degrees

Weight Bearing Guidelines

- Week 2: FFWB
- Week 3: FFWB
- Week 4: FFWB
- Week 5: 25% WB
- Week 6: 50% WB
- Week 7: 75% WB
- Week 8: 100% WB

(Will discontinue crutches and brace by week 8)

Phase III – Moderate Protection Phase (Weeks 5-8)

Goals:

1. Full PROM
2. No swelling/inflammation
3. Re-establish muscle control
4. Proper gait pattern

Precautions: **AVOID TWISTING, PIVOTING, RUNNING, AND DEEP SQUATTING**

Weeks 5-8

- Cryotherapy/Ice as needed
- Continue ROM and stretching to maintain 0-135 degrees
- Strengthening exercises
 1. Leg press 70-0 degrees
 2. Knee extension 90-40 degrees
 3. Hip abduction/adduction
 4. Lateral step-ips
- Balance/proprioception training

Phase IV – Controlled Activity Phase (Weeks 9-16)

Goals:

1. Improve strength and endurance
2. Maintain full ROM
3. Gradually increase applied stress

Weeks 9-16

- Continue all strengthening exercises as above
 - Initiate light resisted hamstring curls
 - Initiate stair stepper
 - Toe calf raises
 - Progress balance training
 - Progress to isotonic strengthening program
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Phase V – Return to Activity Phase (Weeks 24+)

Goals:

1. Improve strength and endurance
2. Prepare for unrestricted activities

Criteria to progress to Phase V:

1. Full, *pain-free* ROM
2. No pain or tenderness
3. Satisfactory clinical exam
4. Satisfactory isokinetic test or other comparisons (need 85% strength of contralateral)

Exercises

- Continue and progress all strengthening exercises and stretching drills
- Deep squatting permitted at 4 months
- Initiate straight line running at 4 months
- Initiate pivoting and cutting by 5 months
- Initiate agility training by 5 months
- Return to sports by 6 months