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**MENISCUS REPAIR REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2 Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, range of motion restoration	-Flat Foot Touch Down Weight Bearing x6 weeks -Range of motion 0-90 degrees -T-Scope and Crutches x6 weeks -Focus on knee extension to equal 0 degrees by 2 weeks s/p Criteria for progression: -Full extension -Minimal pain	-Passive, active, and active assisted range of motion 0-90 degrees -Edema Control -Pain management -Patellar glides in all directions -Quad sets, straight leg raises, hip ab/adduction strengthening -Modalities PRN
Phase 2: Weeks 3-6 Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, range of motion restoration	-Flat Foot Touch Down Weight Bearing x6 weeks -Range of motion 0-90 degrees -T-Scope and Crutches x6 weeks -Focus on knee flexion to equal 90 degrees by 4 weeks s/p Criteria for progression: -Range of motion 0-90 degrees -No change in pain or effusion -Quadriceps control (MMT 4/5)	-PROM, AROM, AAROM range of motion 0-90 degrees -Soft tissue mobilization, patellar glides -Quad sets, straight leg raises, hip ab/adduction strengthening, gluteal strengthening, core strengthening -Modalities PRN
Phase 3: Weeks 7-10 Goals: Full range of motion, minimal pain, increase resistance exercises, restore normal gait pattern, protect fixation	-Discontinue T-Scope and Crutches -Progress to Full Weight Bearing -Progress to Full Range of Motion -Increase strengthening Criteria for progression: -Full, pain free range of motion -No pain or tenderness -Satisfactory clinical examination -SLR without lag -Normal gait	-Progress to full passive, active, and active assisted range of motion -Progressive resistance exercises (1-5lbs) -Initiate closed chain exercises -Toe Raises, Mini Squats to 90 degrees, PNF with resistance, lower extremity stretching -Balance exercises -Hamstring curls -Aquatic therapy with emphasis on gait normalization, pool running (no frog kicking) -Hamstring stretches -Stationary biking -Stair stepper

<p>Phase 4: Weeks 11-16</p> <p>Goals: Proper gait mechanics, improve lower extremity strength, full range of motion, neuromuscular control, increase power and endurance</p>	<ul style="list-style-type: none"> -Continue all exercises -Increase plyometrics, pool program -Initiate running program <p>Return to Activity Criteria:</p> <ul style="list-style-type: none"> -Full, pain free range of motion -Satisfactory clinical examination <p>Criteria for discharge:</p> <ul style="list-style-type: none"> -Non-antalgic gait -Full, pain free range of motion -LE strength at least 4/5 -Independent with home program -Normal age-appropriate balance and proprioception -Resolved palpable edema 	<ul style="list-style-type: none"> -Progress flexibility and strengthening -Eccentric strengthening -Advanced closed chain activities (leg press, single leg squats, step up progression) -Progress proprioceptive activities (slide board, challenging balance activities, etc.) -Continue and progress previous flexibility and strengthening activities -Functional walk/jog/run progression -Forward and backward running progression ($\frac{1}{2}$, $\frac{3}{4}$, full speed) -Functional progression including but not limited to: <ul style="list-style-type: none"> •Cutting, crossover, carioca, etc. •Plyometric exercises as appropriate to patient's Goals •Sport-specific drills -Safe, gradual return to sports after successful completion of function progression and sports test -Surgical limb strength must be within 90% of the contralateral limb -Maintenance program for continued strength and endurance
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