



MENISCUS REPAIR POST-OPERATIVE PROTOCOL

PHASE I – MAXIMUM PROTECTION:

WEEKS 0-2:

- Non-weightbearing with crutches 2 weeks after surgery
- Brace locked in extension for 4-6 weeks post-operation
- Ice and modalities to reduce inflammation and pain
- Range of Motion: 0° to 90° limitation

Exercises

- Patella mobility in all planes
- Passive/active knee range of motion with 90° flexion limit
- Quadriceps setting emphasize VMO function
- Multi-plane straight leg raising
- Gait training

WEEKS 2-4:

- Weightbearing: wean off crutches and progress to full weightbearing as tolerated
- Brace: locked in extension, to be worn at all times while weightbearing
- Range of Motion: 0° to 90° limitation, avoid hyperextension

Exercises

- Initiate open kinetic chain multi-plane hip strengthening; progress to closed kinetic chain as swelling and pain permit
- Begin pool program working on ROM and light strengthening once incisions are healed
- Begin proprioceptive training, avoiding rotation
- Manual PNF hip and ankle strengthening

PHASE II – PROGRESSIVE STRETCHING AND EARLY STRENGTHENING:

WEEKS 4-6:

- Continue with modalities to control pain and inflammation
- Open brace 0° to 90° for 2 weeks

Range of Motion

- Full knee extension/hyperextension
- Gradual progression to full knee flexion

Exercises

- Continue with phase I program
- Continue to emphasize patella mobility and quality VMO function
- Begin bilateral closed kinetic chain strengthening, gradually progressing to unilateral as swelling, pain, and neuromuscular function allow
- Begin stationary cycle- low resistance emphasizing endurance
- Gait training- normalize gait pattern
- Advance proprioception program



PHASE III – ADVANCED STRENGTHENING AND PROPRIOCEPTION:

WEEKS 6-8:

- Continue with exercises in phase I and II
- Wean out of brace over a 7 to 10 day period

Range of Motion

- Full knee range of motion

Exercises

- Patella mobility
- Terminal stretching in flexion and extension
- Advance stationary biking program (increase intensity), introduce treadmill walking and elliptical trainer
- Advance pool program, higher intensity strengthening

WEEKS 8-12:

- Continue with program as outlined in weeks 6-8

Range of Motion

- Full knee ROM

Exercises

- Advance unilateral closed kinetic chain program
- Advance pool program
- Begin multi-directional functional cord program avoiding rotation (carioca)
- Increase intensity on stationary bike, elliptical trainer, and treadmill walking program, may begin interval programs
- Begin gym strengthening; squats, leg press, partial walk lunge, hamstring curls, ab/adduction,
- calf raises, and leg extensions (30° to 0° gradually increasing to full range of motion as patello-
- femoral arthrokinematics normalize

PHASE IV – ADVANCED STRENGTHENING AND PLYOMETRIC DRILLS:

WEEKS 12-16:

- Begin pool running program, no bounding or jumping
- Continue to advance overall strength and conditioning program, emphasize unilateral work with gym program

PHASE V – RETURN TO SPORT PHASE:

WEEKS 16-20:

- Follow up with physician in clinic
- Begin straight plane running; emphasize distance and endurance

WEEKS 20-24:

- Begin sprinting program



THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

- Begin multi-directional
- Plyometric drills from bilateral to unilateral
- Sports test for return to play

drills