

Meniscal Repair Rehabilitation Protocol

Pre-op

- TTWB crutch gait instruction
- ROM precautions (flexion limited to 90°)
- Icing
- Therapeutic exercises
 - A.A.ROM for knee flexion and extension
 - Quad sets
 - Anti-phlebotic ankle exercise
- Water precautions

Post-op

- First PT visit 5-7 days post-surgery
- Passive or active-assistive ROM to 90° flexion and full extension
- Remove sutures from arthroscopic portals and re-apply steri-strips
- WBAT with the brace at full extension, crutches
- Therapeutic exercise:
 - A.A.ROM for flexion to 90° and full extension
 - Isometric quad, ham, adductor, and abductor
 - Leg raises without knee motion
 - Ankle theraband exercises
- Water precautions

Week 2-6

- PT as necessary to meet goals
- Passive or active-assistive ROM to 90° and full extension
- Remove suture from incision and re-apply steri-strips at 2 weeks
- WBAT with crutches, brace locked at full extension until 4-6 weeks post op
- Therapeutic exercise:
 - As above
 - Upper extremity exercise okay
 - Swimming okay at 4 wk (straight-leg kick only, no breaststroke)

Cont. on next page

Week 6-8

- PT as necessary to meet goals Goal: Full flexion and extension ROM
- Transition to FWB gait
- Therapeutic exercises:
 - A.A.ROM and stretching
 - Stationary bicycle, ergometer, Stairmaster as tolerated
 - Lower extremity PRE's with low weight / high repetition protocol
- No impact activities or squatting until 4 month