



### OVERVIEW

- Key Factors in determining rehab progression after meniscal repair:
  - Anatomic site and location of tear
  - Strength of fixation
  - Other pathology (ACL tear, PCL tear, etc)
- For ACL reconstructions with meniscal repair, defer to precautions in meniscal repair protocol.

### GENERAL GUIDELINES

- OK to shower on POD 3. NO bathing/soaking knee until cleared by physician
- Sleep with brace locked in extension x 3-4 weeks
- Brace guidelines: Locked in FULL EXTENSION with Weight-Bearing x 6-8 weeks
- Weight-bearing as Tolerated

### PHASE I: Stage 1 = MAX PROTECTION (Weeks 0 Through 3)

- Control inflammation + swelling (cryocuff/ice, elevation, compression)
- Scar tissue and patellar mobilization
- TROM locked in full extension (0°) when WB
- WBAT (crutches PRN) and brace locked at 0° except for:
  - \*Revision, Root Repair or Radial Tear Repair = Non Weight-Bearing
- Passive ROM: 0° - 90°
  - Gradual increase in ROM over first 7-21 days with no flexion past 90°

### Exercises (In brace locked at 0°):

- Quadriceps isometrics
- Straight Leg Raises in all planes
- Hip abduction strengthening

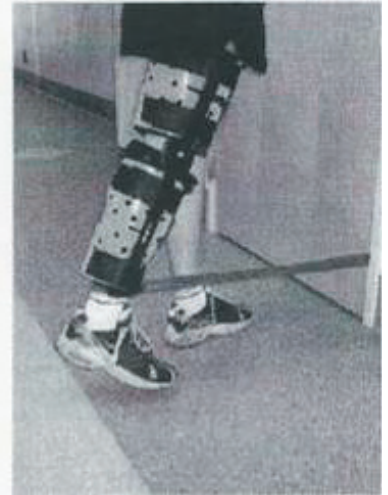


**Straight Leg Raise – Brace On** When you are able to stretch your knee completely straight you can do this exercise: With your knee completely straight and the brace on and with your other knee bent, lift the operated leg up as high as your other knee. Hold



### Hip Workout:

**Extension** Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Extend your leg backwards. Follow strength progression as above. Repeat with opposite leg.



### Hip Workout: Abduction:

Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Lift your leg out to the side. Follow strength progression as above. Repeat with opposite leg.



### Hip Workout: Adduction:

Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Pull band across your body by crossing your leg. Follow strength progression as above. Repeat with opposite leg.





## **PHASE I: Stage 2 = Weeks 4 through 6**

- Initiate toe raises in brace locked at 0°
- Initiate unloaded flexibility exercises
- Continue all precautions/exercises from Stage 1
- ROM Goal: WB – 0°, NWB – 0°-90°

## **PHASE II: MODERATE PROTECTION (Weeks 7 through 9)**

### **Goals:**

- Increase strength and endurance
- Normalize Unloaded (or NWB) ROM of knee
- WB with brace unlocked from 0°- 90° by Week 8 or 9

### **Brace/Weight-bearing/ROM**

- Begin **unlocking brace IN WB** at Week 7 by 20°-30° every few days. Goal of unlocking to 90° in WB by Week 9.
- Increase NWB motion gradually with goal of full motion (0° - 130°) by Week 10

### **Exercises:**

- Continue hip, quad, hamstring, calf strengthening
- Mini-squats to 45°
- Lateral step-ups and flexibility exercise
- Begin swimming – No frog-kick
- Begin pool running
- Cycling (start with no resistance and gradually add resistance) and stair machine
- Balance board and backward walking – Coordination program

## **PHASE III: ADVANCED PHASE (Weeks 10 through 17)**

### **Goals:**

- Increase power and endurance
- Emphasize return to skill activities
- Obtain full ROM in WB and Discontinue TROM
  - Obtain and **allow full ROM in WB**. From 90°, beginning in Week 10, add 10-15° every 3 days.
  - Discontinue TROM by Week 11-12

### **Exercises:**

- Continue & progress flexibility & strengthening program based on individual needs and deficits
- Initiate and increase bilateral plyometrics
- Progress to unilateral plyometrics once 4 inch lateral dip test is 90% of non-op leg
- **Initiate running program**
  - Run on level ground starting at Week 13
  - Unilateral bridging with T-Band resistance at Week 13
  - Figure 8 running starting at Week 17