

## **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 Abd/Adduction
    4. Knee extension
  - Foot Flat Weight Bearing (FFWB), weight of leg, with two crutches
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### **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. Multi-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)**

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## **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 Abd/Adduction
  4. Lateral step-ups
- Balance/Proprioception training

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## **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