

# Meniscus Repair (medial and lateral)

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## Post-Operative Instructions and Precautions

1. No weight bearing unless in brace locked at 0 degrees extension
2. No loaded knee flexion beyond 45 degrees for 4 weeks
3. No loaded knee flexion beyond 90 degrees for 8 weeks

## Phase I-- weeks 1-2

1. Full knee extension is a goal
2. AROM knee flexion to 90 degrees (typically for 2-4 weeks dependent upon size of tear)
3. Superior patellar glide with quadriceps sets
4. AROM hip and ankle
5. Pain and inflammation control
6. SLR without quad lag
  - o Immobilizer or brace locked at 0 degrees extension to be worn at all times when patient is up
  - o Crutches as needed with TTWB (WB per Dr. Branam)
  - o Open chain AROM and PROM exercises
  - o Patellar mobilization
  - o NMES and/or biofeedback device for quadriceps as needed
  - o No resisted hamstring exercise

## Phase II-- Weeks 3-4

1. PWB phase typically starts at week 2, but can be anywhere from 2-6 weeks depending on the size of the repair
2. AROM knee flexion with 10 degrees of uninvolved (as appropriate and indicated by surgeon)
3. Full patellar mobility
4. Minimal effusion present
  - o Crutches and gait training (at week 4) with WB per Dr. Branam
  - o Open chain AROM and PROM exercises
  - o Open chain progressive resistive exercises for the hip, knee and ankle
  - o Multi-angle isometrics for knee extension
  - o SLR

## Phase III-- Weeks 5-7

1. Full AROM
2. Normal gait pattern without AD
3. No effusion
  - Brace d/c per Dr. Branam
  - Progress PREs for hip, knee and ankle
  - Begin proprioception training
  - Endurance training via bike, elliptical and stairmaster
  - Progress closed chain exercises (squats, heel raises, leg press, etc.)
  - Progress ambulation/gait activities

## Phase IV-- Weeks 8-11

1. Maintain ROM and gait milestones previously achieved
2. Progress balance and proprioception activities
3. Improve strength and endurance of the musculature
  - Initiate early plyometric activities progressing with emphasis on return to sport toward the end of the phase
  - Begin loaded flexion beyond 90 degrees at 8 weeks
  - May begin running in straight plane
  - Bilateral and unilateral balance and proprioception activities (SLS, mini-tramp, foam, etc.)

## Phase V-- Weeks 12-16

1. Maintaining or gaining quadriceps strength MVIC, KOS and hop test (or any other functional test) >90% for return to sport per Dr. Branam
2. Address deficits as needed to make return to sport possible
3. This phase is highly variable depending upon sport, athlete and progress made up to this point
4. Communication with MD and therapists shadowing is imperative
  - Running progression
  - Sport specific drills
  - Advancement of plyometric drills
  - Agility drills
  - Emphasize jumping, cutting and plyometrics