

MENISCUS REPAIR PROTOCOL

The key factors in meniscal repairs include:

- Anatomical site of tear
- Suture fixation – can lead to failure if too vigorous
- Location of tear – anterior or posterior
- Other pathology – i.e. PCL, MCL, ACL

Phase I – Maximal Protection Phase (weeks 1 – 6)

Goals:

- Decrease inflammation and swelling
- Maintain control/strength of quadriceps and hamstrings
- Protect meniscal repair

Rehabilitation:

- PWB with crutches and brace locked at 0
- PROM 0 - 90 (gradual increase in flexion ROM based on symptoms)
- Ice, compression and elevation
- Patellar/scar tissue mobilization

Exercises:

- Quadricep sets
- Hamstring isometrics (if post. horn, no hamstring exercises for 6 weeks)
- SLR's (flexion, abduction, adduction) – add resistance as tolerated
- Standing hip PRE's

- Prone hangs/heel props

Phase II – Moderate Protection Phase (weeks 6 – 10)

Goals:

- Normalize ROM of knee
- Normalize weight bearing
- Increase strength, power, and endurance
- Prepare patient for advanced exercises

Rehabilitation:

- Progress to WBAT and wean from immobilizer and crutches
- Knee ROM to tolerance
- Flexibility exercises are emphasized
- Closed chain exercises (mini-squats, step-ups, shuttle, leg press, etc.)
- Isokinetic/isotonic exercises
- Proprioception exercises
- Endurance exercises (swimming, cycling, stair machines, pool running)

Phase III – Advanced Phase (weeks 11 – 15)

Goals:

- Increase strength, power, endurance
- Emphasize return to skill activities
- Prepare to return to full unrestricted activities

Criteria to progress to phase III:

- Full non-painful ROM

- No pain or tenderness
- Satisfactory isokinetic test
- Satisfactory clinical exam

Exercises:

- Continue all exercises in phase II
- Increase proprioception, plyometric, and pool program
- Initiate running program
- Initiate sport specific/agility drills when approved by physician

Phase IV – Return to Activity Phase

Criteria for return to activity:

- When approved by physician
- Full non-painful ROM
- Satisfactory clinical exam
- Satisfactory isokinetic test
- Satisfactory functional/proprioceptive exam