ISOLATED MENISCAL REPAIR

Revised August 2008

Post-op Days 1 – 14

Dressing – POD 1: Debulk dressing, TED Hose in place
  – POD 2: Change dressing, keep wound covered, continue TED Hose
  – POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace x 9 weeks – Locked in extension x 6 weeks for ambulation
Crutches – Partial weight bearing (PWB) in brace
(no more than 50% of body weight)
Patellar mobilization (teach patient)
Calf pumping
No active Hamstring exercises
AAROM 0-90 degrees – Heel slides with towel assist
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads / HS
Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)
Double leg heel raises
Gentle Hamstring stretching
Ice pack with knee in full extension after exercise

Goals

Full passive extension
Flexion to 60 degrees
Good quad control

Weeks 2 – 4

Brace x 9 weeks – Locked in extension x 6 weeks for ambulation
Crutches – PWB in brace
Continue appropriate previous exercises
Scar massage when incision healed
No active Hamstring exercises
PROM, AAROM, AROM 0-90 degrees only
SLR x 4 on mat – Add light ankle weights if quad control is maintained
Weight shifts (partial support in parallel bars)
Stretches – Hamstring, Hip Flexors, ITB

Goals

Pain/effusion control
No extensor lag
**Weeks 4 – 6**

Brace x 9 weeks – Locked in extension x 6 weeks for ambulation  
Crutches – PWB in brace  
Continue appropriate previous exercises  
PROM, AAROM, AROM 0-90 degrees only  
Mini squats 0-45 degrees in parallel bars  
Total Gym (level 3-5) – Mini squats 0-45 degrees  
– Passive flexion to 90 degrees (push up with opposite leg)  
Leg press 0-45 degrees with light resistance (up to ¼ body weight)  
Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain)  
Stationary bike with seat high for ROM – Complete cycle as able

**Goals**

ROM 0-90 degrees  
No effusion

**Weeks 6 – 9**

Brace – Open to available range  
Crutches – Weight bearing as tolerated (WBAT), D/C when gait normal  
Continue appropriate previous exercises  
PROM, AAROM, AROM – Gradually increase motion through full range  
Standing SLR x 4 with light Theraband bilaterally  
Wall squats 0-45 degrees  
Leg press 0-60 degrees with resistance no more than ½ body weight  
Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)  
Forward, lateral and retro step downs in parallel bars  
– No knee flexion past 45 degrees (small step)  
Single leg heel raises  
Proprioceptive training – Single leg standing in parallel bars  
– Double leg BAPS for weight shift  
Treadmill – Forwards and backwards walking  
Stationary bike – Progressive resistance and time  
Elliptical trainer

**Goals**

Full ROM  
Normal gait

**Weeks 9 – 12**

D/C Brace  
Continue appropriate previous exercises with progressive resistance  
Wall squats 0-90 degrees  
Leg press 0-90 degrees with resistance as tolerated  
Hamstring curls 0-90 on weight machine with light resistance
Forward, lateral and retro step downs (medium to large step)
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Hip weight machine x 4 bilaterally
Proprioceptive training – Single leg BAPS, ball toss and body blade
  – Grid exercises
Fitter
Slide board
Treadmill – Walking progression program
Pool therapy

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

Continue appropriate previous exercises
No Squatting or Leg press > 90 degrees
Hamstring curls on weight machine through full range
Knee extension weight machine as tolerated
Short arc quads
Functional activities – Figure 8s, gentle loops, large zigzags
Stairmaster – Small steps
Treadmill – Running progression program
Pool therapy – Swimming laps

Goal – Run 2 miles at easy pace

Months 4 – 6

Continue appropriate previous exercises
Squatting and Leg press through full range as tolerated
Agility drills / Plyometrics
Sit-up progression
Running progression to track
Quad stretches
Transition to home / gym program

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op
Knee Post Op Phase 1
Perform exercises below frequently: 30 reps 3-5x a day

Quad Isometrics

Heel Slides

Active Assisted Motion

Ice Position  15 minutes 2-3 x per day