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Meniscal Repair Rehab protocol

POST OPERATIVE MANAGEMENT:

- ROM restrictions include 0-90° for 6 weeks post-op
- Toe-touch weight bearing with crutches for 4 weeks
- No knee flexion beyond 90°

Week 1-2:

- Pain/edema control, patella mobilizations if necessary
- Modalities as needed
- Quad Sets/Hamstring co-contractions 2-3x's daily
- SLR in brace at 0° until quad can maintain knee locked
- Heel slides in brace
- Obtain full extension if lacking

Week 2-6:

- Stationary Bike with seat high and lower to normal seat height as tolerated
- Leg press with 50 % BW MAX!
- Leg extensions with in ROM restrictions, use high volume and light weight
- Leg curls with in ROM restrictions, use high volume and light weight

Week 6-8:

- Full WB focusing on normalizing gait mechanics
- Full ROM as tolerated
- No pivoting, twisting, hopping, jumping, running
- Progress open/closed chain exercises as tolerated
- Isokinetics exercises
- Treadmill forward and retro walking
- Single leg Stands for proprioception
- Cardiovascular Equipment of choice
- Slide Board – start with short distance and increase as tolerated
- Be aware of PF signs and symptoms and manage accordingly

Week 8-10:

- Increase progressive resistance exercises for strength, high intensity low volume; full ROM
- Single leg squats

Week 10-12:

- Plyometrics – with both feet and move to single leg ASAP
- Assess light jogging on treadmill

Week 12+

- Sport specific drills
- Plyometrics for speed and power

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician