

MENISCAL REPAIR PROTOCOL

POST-OP WEEK 0-6

Home Expectations:

1. Non-weight bearing for 4-6 weeks per post op orders with crutches/walker.
2. No Knee Flexion past 90 degrees for 4 weeks.
3. Immobilizer/TROM as directed per post op orders.
4. Surgical dressing may be changed per discharge orders. Keep clean, dry and covered at all times until post op visit.
5. Pain management:
 - a. Cryotherapy: Apply to surgical site to decrease post op edema and help with pain reduction. Use as often as needed.
 - b. Prescription pain medications as needed. Wean off after 2 weeks and start Acetaminophen and/or NSAIDS as needed.
 - c. Elevation of surgical site above the level of your heart.
6. Follow up with the Orthopedic Team (Physician Assistant) at 2 weeks post op.

Therapy Goals: (Formal therapy starting week 2)

1. PROM 0-90 degrees with focus on terminal extension.
2. Strengthening:
 - a. Quad sets
 - b. 4-way Straight leg raises (SLR)
 - c. Progressions to multi-hip
 - d. Knee flexion

POST-OP WEEK 6-12

Home Expectations:

1. Gait
 - a. Begin weight bearing with two crutches, progressing to one crutch and eventual full weight bearing at the direction of the therapist.
 - b. Follow up with your Orthopedic Surgeon at 6 weeks post op.

Therapy Goals:

1. ROM may be progressed gradually to full flexion activities.
2. Strength:
 - a. may begin biking, begin closed chain exercises, and proprioceptive exercises as tolerated.
3. Continue open chain exercises, progress resistance as tolerated.
4. May start pool activities if surgical wounds are all healed.

POST-OP MONTH 3-4

Therapy Goals:

1. Exercises - Continue activities as above.
2. Functional training:
 - a. Activities including swimming, cycling, walking/jogging/running progression on a straight and level surface
 - b. Advanced knee rehab activities as indicated including lateral shuffles, cariocas, jump rope, sport specific training.

POST-OP MONTH 4+**Therapy Goals:**

1. Strengthening:
 - a. Continue the above program advancing Plyometrics.
2. Functional training:
 - a. Activities including swimming, cycling, walking/jobbing/running progression on a straight and level surface
 - b. Advanced knee rehab activities as indicated including lateral shuffles, cariocas, jump rope, sport specific training.
3. Cardiovascular: Patients are limited to low impact, in-line sports such as swimming, cycling, rowing machine, and jogging on a straight level surface.
4. Return to full activity as indicated by adequate muscle strength, proprioceptive development, and physician orders.

This protocol provides you with general guidelines for the rehabilitation of Meniscus Repair. Changes in the program are made as appropriate/indicated for each patient. Any further restrictions on the physician's orders take precedence. If you have any questions regarding the patient and/or protocol, please send a message to the Little Falls Orthopedics Team or Physical Therapy Department at (320) 631-2205.