

Meniscal Repair Protocol

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Patient Name	Date of Surgery
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Procedure: Right Left Knee Medial Lateral Meniscal Repair

Phase I (0-8 wks): *Period of protection. In general, knee is protected with a brace, ROM limited to <90 degrees, and tibial rotation avoided for 4-6 weeks. By the end of this 8 wk period, goal is full ROM, advancing strength and a stable repair.*

Weeks 0-2:

- WBAT with crutches, *brace locked in extension* (unless otherwise directed)
- Brace: locked in extension (remove for hygiene/exercises)
- ROM: PROM 0-90 only; AROM 0-90 as tolerated
- Therapeutic Exercises:
 - a. Ice and elevation, 3-4x/day
 - b. Biofeedback and/or E-Stim for muscle re-education and effusion reduction as needed
 - c. Heel slides, ankle ROM
 - d. Patellar mobilization
 - e. SLRs, isometrics for quads, hip abductors and adductors

Weeks 3-4:

- WBAT with crutches, *brace locked in extension* (unless otherwise directed)
- Brace: unlocked 0-90 (remove for hygiene/exercises)
- ROM: PROM 0-90 only; AROM 0-90 as tolerated
- Therapeutic Exercises:
 - a. Continue biofeedback and/or E-Stim for muscle re-education and effusion reduction as needed
 - b. Heel slides, ankle ROM
 - c. Patellar mobilization
 - d. Progress weight for SLRs, continue isometrics for quads, hip abductors and adductors

Weeks 5-8:

- WBAT with crutches (as needed) *and brace completely unlocked*
- Brace: completely unlocked; wean crutches, then D/C brace by week 6.
- ROM: advance A+PROM beyond 90 degrees as tolerated; goal: full ROM by 8 weeks.
- Therapeutic Exercises:
 - a. Begin gentle closed chain strengthening exercises (squats, lunges, leg press calf raises, leg press, step downs, sports cord, etc..) at 0-90 degrees only
 - Add isokinetics at 7 - 8 weeks as tolerated
 - b. Bike, pool therapy as tolerated.
 - c. Balance work: rocker board, progress to BAPS

Phase II (8-16 wks): *Sport-specific activities.*

- Progressive resistance on Eagle machines
- Multi-hip; knee extension/flexion; leg press; calf raises
- Isokinetics
- Velocity spectrum
- Increase endurance activities
- Bike, pool, versaclimber, walking, **No Running**

Phase III (16 wks to release): *Begin resisted elbow extension and progress to sport/occupation-specific rehab.*

- Continue Phase II exercises three times per week
- Running
 - Begin with 1 mile jog/walk and increase in 1/4 mile increments.
 - Once patient is able to jog 20 minutes with no discomfort or swelling may progress functional activities to include figure 8's, cutting, jumping, etc.
- Sport specific activities (progressed as tolerated)
 - Backward running, carioca, ball drills & other sport skills

Criteria for Return to Full Activity:

Adequate healing time

Full pain free ROM

Normal isokinetic evaluation and function tests

Satisfactory performance of sport specific activities without swelling

Frequency: _____ x/week x _____ weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Signature	Date
Printed Name	