

Meniscus Repair Rehabilitation: Complex Tears

POSTOPERATIVE PHASE I:

Maximum Protection Phase (1-6 Weeks)

GOALS

- Control inflammation/effusion
- Allow early healing
- Full passive knee extension
- Gradually increase knee flexion
- Independent quadriceps control

STAGE 1: IMMEDIATE POSTSURGERY DAYS 1-10

- Ice, compression, elevation
- Brace locked at 0° for ambulation and sleeping only
 - Brace may be unlocked while sitting, etc.
- ROM (passive 0°-90°)
- Patellar mobilizations
- Stretch hamstrings and calf
- Strengthening exercises:
 - Quad sets
 - SLR flexion
 - Hip ABD/adduction
 - Knee extension 60°-0°
- Weight bearing: toe touch with two crutches
- Avoid active knee flexion

STAGE 2: WEEKS 2-4

- Continue use of ice and compression
- Brace locked for ambulation and sleeping
- ROM guidelines
 - Gradually increase PROM as tolerated
 - Week 2: 0°-100°
 - Week 3: 0°-110°
 - Week 4: 0°-120°
- Weight-bearing guidelines – Continue to lock brace
 - Toe touch with two crutches for full 6 weeks unless specified differently by provider
- Continue PROM exercises and stretching
- Strengthening exercise
 - Multi-angle quad isometrics
 - SLR (all 4 planes)
 - Knee extension 90°-0°
 - CKC weight shifts
- Avoid twisting, deep squatting and stooping
- Avoid hamstring strengthening

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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STAGE 3: WEEKS 5-6

- Full weight bearing at 6 weeks
- Initiate CKC exercises such as:
 - Half squat 0°-45°
 - Leg press 0°-60°
 - Wall squat 0°-60°
- Initiate proprioception training
 - Tilt board squats
 - Biodex stability
- Continue CKC exercise
- Initiate hip ABD/adduction and hip flexion/extension on multihip machine

POSTOPERATIVE PHASE II:

Moderate Protection Phase (7-12 Weeks)

GOALS

- Establish full PROM
- Diminish swelling/inflammation
- Reestablish muscle control
- Promote proper gait pattern

STAGE 4: WEEKS 7-10

- Continue use of ice and compression as needed
- Continue ROM and stretching
 - Week 7: PROM 0°-125°/130°
- Continue use of brace for 8 weeks
- Progress strengthening exercises:
 - Leg press 70°-0°
 - Knee extension 90°-40°
 - Hip ABD/adduction
 - Wall squats 0°-70°
 - Vertical squats 0°-60°
 - Lateral step-ups
 - Front step-downs
- Balance/proprioception training
 - Biodex stability
 - Squats rocker board
 - Cup walking
- Bicycle (if ROM permits)
- Pool program
- Avoid twisting, pivoting, running and deep squatting

STAGE 5: WEEKS 10-12

- Continue all exercises listed above
- Initiate "light" hamstring curls
- Initiate toe-calf raises

POSTOPERATIVE PHASE III:

Return To Activity Phase (6-8 Months)

GOALS

- Improve strength and endurance
- Prepare for unrestricted activities
- Progress to agility and cutting drills

CRITERIA TO PROGRESS TO PHASE IV

- Full nonpainful ROM
- No pain or tenderness
- Satisfactory clinical exam
- Satisfactory isokinetic test

EXERCISES

- Continue and progress all strengthening exercises and stretching drills
 - Progress isotonic program
 - Wall squats
 - Leg presses
 - Lateral step-ups
 - Knee extensions 90°-40°
 - Hamstring curls
 - Hip ABD/adduction
 - Bicycle, stair stepper, elliptical machine
- Deep squatting permitted at 5½ months
- Initiate straight line running: 6 months
- Initiate pivoting and cutting: 7 months
- Initiate agility training: 7 months
- Gradually return to sports: 7-8 months