

## Ronak M. Patel, MD

# Meniscal Repair Rehabilitation Guidelines

### Acute/Immediate Post-Operative Phase 0-4 weeks

#### GOALS:

- Decrease swelling
- Re-establish quadriceps control
- Begin ROM
- Improve gait pattern

#### Guidelines

- Bracing: Extension Lock Splint (ELS) locked at zero; can be removed for exercises. Ice-Man or ice application
- WB status with **brace locked at 0 degrees** with assistive device
  - Peripheral (vertical/longitudinal) tear
    - Weeks 0-2: TTWB- ½ body weight
    - Weeks 3-4: ¾ - FWB
  - Complex tear
    - Weeks 0-4: TTWB – ¼ body weight
- PROM:
  - Weeks 0-4: 0-90 degrees
- Exercises: Quadriceps setting with e-stim as needed, SLRs – flexion, abduction, extension and adduction (in brace locked in extension), patellar mobilization, calf, quad and hamstring stretching-seated only, ankle pumps without → with band, seated knee flexion 0-90 degrees
- Weeks 3-4 peripheral only: Weight shifting, toe raises, quarter squats, proprioception activities in brace only, supine wall walks for knee flexion

### Moderate Protection Phase 5-6 weeks

#### GOALS:

- Full knee flexion and extension ROM
- Muscle Control
- Normalize gait (peripheral)

#### Guidelines

- Bracing: 4-6 weeks
- WB status: peripheral: as tolerated; complex: ½ - ¾ body weight (in brace)
- AROM: As tolerated
- Exercises: Heel/toe raises, quarter → half squats, Multi-Hip Machine with proximal resistance, seated knee ext (no weight) 90-30 degrees, proprioception/balance activities (complex in brace), bike once has 110 degrees knee flexion
- Peripheral tear: Hamstring curls (no weight), heelslides, front step-ups and leg press 70-10 degrees

### Minimal Protection Phase (Progressive ROM/Strengthening) 7-12 weeks

#### GOALS:

- Full knee flexion and extension ROM
- Normal gait without brace or assistive device
- Good quadriceps control
- Good proprioceptive control

#### Guidelines

- WB status: WBAT without brace/crutches (all)
- ROM: as tolerated
- Exercises: Continue quad strengthening (leg press, squats → lunges), stretching all directions, lateral step-ups → step-downs, stationary bike, proprioception activities bilateral → unilateral, hamstring curls

#### **Return to Sport Phase**

Exercises: Slowly progress to treadmill walking → running in straight line, sport specific activities, progress proprioception activities as tolerated.