

NAME: \_\_\_\_\_ DOS: \_\_\_\_\_

FREQUENCY/DURATION: \_\_\_ TIMES PER WEEK FOR \_\_\_ WEEKS

## Arthroscopic Meniscal Repair

### Phase 1 (weeks 0-6)

- Hinged Knee brace** worn for 4 weeks post op
  - Week 0-2 Locked in full extension for ambulation and sleeping- can remove for hygiene and rehab
  - Week 2-4 Unlocked for ambulation- can remove for sleeping, hygiene and rehab
- Weightbearing**
  - Week 0-2 Partial Weight bearing with crutches
  - Week 2-4 As tolerated with crutches
- Range of Motion** AAROM --> AROM as tolerated
  - Weeks 0-4: no knee flexion > 90 degrees
  - Week 4-6: full ROM as tolerated- can progress flexion angles > 90 degrees
- Therapeutic Exercises**
  - Quad and hamstring sets, heel slides, Co-contractions, SLR X 4 (in brace until demonstrates good quad control)
  - Isometric adduction and abduction exercises
  - Double leg heel raises
  - Patellar mobilization
  - Core strengthening
  - At week 4 can start partial wall sits- knee flexion < 90 degrees

### Phase 2 (Weeks 6-12)

- Weightbearing**
  - As tolerated
  - Discontinue crutches around week 6
- Hinged Knee brace** discontinue brace use when patient has achieved full extension with no evidence of extension lag
- Range of Motion**
  - Maintain full ROM
- Therapeutic Exercises**
  - Closed chain extension exercises, hamstring strengthening to 90 degrees
  - Lunges 0-90 degrees, leg press 0-90 degrees
  - SL deadlift
  - Begin use of stationary bike
  - Balance exercises- core work

### Phase 3 (Weeks 12-16)

- Weightbearing**
  - Full weightbearing with normal gait pattern
- Range of Motion**
  - Advance to full/painless ROM
- Therapeutic Exercises**
  - \*No squatting or leg press past 90 until beyond 4 months post op\*
  - Continue with quad and hamstring strengthening
  - Focus on SL strengthening
  - Begin jogging/running when cleared by MD
  - Plyometric exercises
  - Endurance work

### Phase 4 (Months 4-6)

- Must meet return to sport functional criteria**
- Gradual return to athletic activity as tolerated, maintenance program for strength and endurance**