Meniscal Repair Rehabilitation: Peripheral Tears

Phase 1: Maximum Protection Phase (Weeks 1-4)

Goals: Control inflammation/effusion
Allow early healing
Full passive knee extension
Gradually increase knee flexion
Independent quad. Control

Stage 1: Immediate post-surgery days 1-7
- Ice, compression, elevation
- Brace locked at 0 degrees for ambulation and sleeping only
  - Brace may be unlocked during sitting etc.
- ROM (Passive 0-90)
- Patellar mobilization
- Strengthening exercise:
  - Quad Sets
  - SLR flexion
  - Hip Abd/Adduction
  - Knee Extension 60-0 degrees
- Weight Bearing: 25-50% WB as tolerated with 2 crutches
- Avoid active knee flexion

Stage 2: Weeks 2-4
- Continue use of ice and compression
- Brace locked for ambulation
- ROM Guidelines
  - Gradually increase PROM
  - Week 2: 0-90 degrees
  - Week 3: 0-105 degrees
  - Week 4: 0-120 degrees
- Weight bearing guidelines-> Continue to lock brace
  - Week 2: 50% WB
  - Week 3: FWB
  *Discontinue crutches when safe and proper gait (usually 3-4 weeks)

- Strengthening Exercises:
  - SLR (all 4 planes)
  - Knee Extension 90-0degrees
  - Heel Slides
- Bicycle (once ROM appropriate)
*Avoid twisting, deep squatting, stooping
*Avoid hamstring curls

Phase 2: Moderate Protection Phase (5-8 weeks)

Goals: Full PROM
   - No Swelling/inflammation
   - Re-establish muscle control
   - Proper gait pattern

- Continue use of ice and compression
- Continue ROM and progress to 0-135 Degrees
- Progress strengthening exercises Phase I
  - Heel slides
  - Knee extension 90-0 Degrees
  - Standing hamstring curls
  - Mini-squats 0-45 degrees
- Begin Level Two agility
  - Cup walking
  - Planks
  - Bridging
  - Steamboats 4 way (involved leg down)
  - Ball roll: for, side and back (involved leg down)
  - Heel raises
- Light strengthening Phase II: Short range leg press, 4-Way hip, leg extension 90-45, Dead lifts
- Bicycle (as ROM permits)
- Pool Program
- Discontinue Brace at 4-5 Weeks
*Avoid twisting, pivoting, running and deep squatting

Phase 3: Controlled Activity Phase (9-16)

Goals: Improve strength and endurance
   - Maintain Full ROM
   - Gradually increase applied stress

Week 9 to Week 11
- Continue all strengthening exercises listed above
- Initiate Dynamic warm-up
- Initiate Form Stepping (progress from walk pace to fast step pace)
- Initiate light resistive hamstring curls
- Initiate elliptical
- Toe calf raises
• Progress balance training
• Progress to isotonic strengthening program

Week 12–15
• Continue Strengthening and stretching program
• Continue dynamic warm-up
• Form running: progress from fast pace walk to trot to jog pace
• Initiate treadmill for endurance (3.5mph fast walk then progress to light jog at 14 weeks)
• Begin step ups and step downs
• Initiate pool running

Phase 4: Return to Activity Phase (4-6 month)

Goals: Improve strength and endurance
Prepare for unrestricted activities

Criteria to Progress to Phase 4
• Full non-painful ROM
• No pain or tenderness
• Satisfactory clinical exam

Exercises
• Continue and progress all strengthening exercises and stretching drills
• Deep squatting permitted at 4 months
• Initiate jumping program Ankle jumps, two-legged hop, two–legged jumps, single leg, etc…
• Initiate straight line running at 4 months
• Initiate pivoting and cutting: 5 months
• Initiate agility training: 5 months
• Initiate jumping program at 6 months: Ankle jumps, two-legged hop, two–legged jumps, single leg, etc…
• Gradually return to sport drills at : 6 months
• Non contact practice 7 months
• Full competition non contact sports 8 months
• Full competition full contact 9 to 12 months