

Palmetto Health USC

ORTHOPEDIC CENTER

104 Saluda Point Drive
Lexington, SC 29072
(803) 296-9205

S. WENDELL HOLMES, JR., M.D.

FRANK K. NOOJIN, M.D.

POST-OPERATIVE REHABILITATION FOR MENISCAL COMPLEX REPAIRS (Meniscal Root Repairs or Radial Repairs)

I. IMMEDIATE POST-OPERATIVE PHASE

POD 1-4

Brace – Post-op brace locked in 0° extension immediate post-op

Weight Bearing – NWB 6 weeks

- May start TTWB at 4 weeks with MD approval.

Exercises –

- Ankle pumps
- Quad sets, gluteal sets
- Straight leg raises
- Hamstring and gastroc Stretching
- Heel slides

PROM - 0° extension, increase to 90° flexion as tolerated without pain

Ice/Elevation – Ice 20 minutes out of every hour and elevate knee in extension

POD 5-7

ROM – PROM 0-90° as tolerated, perform self PROM out of brace 4-5 times/day

Swelling/Pain Control – Ice, elevation, compression, electrical stimulation prn

Ice /Elevation at Home – 20 mins out of every hour and elevate knee in extension

Exercises –

- Ankle pumps
- Quad sets with EMS or BFB prn
- Straight leg raises (4 plane)
- Hamstring and gastroc stretching
- 4 plane tubing exercises
- Scar mobilizations

- PROM 0-90°
- Patellar mobilizations
- Hip abd/adduction, flexion, extension

II. MAXIMUM PROTECTION PHASE

Goals: Absolute control of external forces and protect repaired meniscus
Prevent quad atrophy
Decrease pain and swelling
Gradual restoration of PROM
Stimulate collagen healing, decrease fibrosis

A. WEEK 2

PROM – 0-90° as tolerated

Exercises

- Straight leg raises (4 planes)
- Tubing (4 planes)
- Heel slides – 0-90° as tolerated
- Quad sets with EMS or BFB prn
- Prone hamstring curls to 90° as tolerated
- Hamstring/gastroc stretching
- Seated heel raises
- Knee extensions 90-30°

Swelling/Pain Control – continue with ice, compression, elevation prn

B. WEEK 3-5

ROM – AROM 90° (4 weeks) increase 30°, PROM 0° increase to 120°
by week 6 as tolerated

Exercises – without brace

- Quad sets with EMS or BFB prn
- Straight leg raises (4 planes)
- Hamstring curls to 90°
- Knee extensions 90-30° with weight as tolerated
- Hamstring, hip, calf stretching

Beginning WB exercises 25% body weight (both legs on the ground)

- Mini squats 0° to 30° (pain free ROM)
- Shuttle (supine) Leg press with < 25% body weight
- Proprioception/bilateral balances with brace open 0°-45° ext.
- **CKC TKE**
- Tubing hip AROM (4 planes)
- Standing heel raises
- Hip PRE's
- **Bicycle for ROM**

Swelling/Pain Control – Continue with ice, compression, elevation prn

Soft Tissue/Scar Mobilization – Continued

Criteria for Full Weight Bearing: ***No Earlier than 6 weeks.*******

1. No extension lag
2. Good quad control
3. Minimal effusion

C. WEEK 6-12

Goal: Return to normal gait, control forces with walking and restore proprioception

Brace – D/C post-operative brace if good quad control with Gait

ROM – 0-120° and greater

Exercises – Continue previous exercises, increase proprioception

Exercises, increase CKC activity **(6 weeks)**

- Proprioception/unilateral balances
- Shuttle leg press (double and single leg)
- Step ups
- Step downs
- ½ Lunges
- Lunges (8 weeks)**
- Bosu step**

Running and Agility Progression

Progression to jogging and agility drills if isokinetic evaluation demonstrates 20% or less strength deficits.

Meniscal Radial Tear/Repair 12-16 weeks (physician determined)

Meniscal Root Tear/repair 6 months