

Palmetto Health USC

ORTHOPEDIC CENTER

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POST-OPERATIVE REHABILITATION FOR MENISCAL REPAIR

Brace:

First 2 weeks: locked 0° extension

At 2 – 4 weeks: open 0° - 30°

At 4 – 6 weeks: open 0° - 60°

At 6 weeks D/C brace if patient exhibits good quad tone and control

I. IMMEDIATE POST-OPERATIVE PHASE

POD 1-4

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

Weight Bearing – Two crutches with brace locked at 0°. Weight bearing as tolerated

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

Weight Bearing – Weight bearing as tolerated with crutches

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

Weight Bearing – Full weight bearing with crutches and post-op brace
locked at 0°

PROM – 0-90° as tolerated

Exercises

- Straight leg raises (4 planes)
- Tubing (4 planes)
- Heel slides – 0-90° as tolerated
- Heel raises
- 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

Goals: Prepare/progress patient to full weight bearing without crutches

Weight Bearing – Full weight bearing with progression to ambulation with brace unlocked at week 6

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
- Mini squats 0° increase to 30°
- Hamstring, hip, calf stretching
- Shuttle leg press (4 weeks)
- Proprioception/unilateral balances with brace at 0° ext.
- CKC TKE
- Tubing hip AROM (4 planes)
- Standing heel raises
- Hip PRE's
- Bicycle for ROM
- Bicycle, Stairmaster at Week 4
- Step-ups
- Step down
- Eliptical

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

Soft Tissue/Scar Mobilization – Continued

Criteria for Full Weight Bearing:

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

ROM – 0-120° and greater

Exercises – Continue previous exercises, increase proprioception

Exercises, increase CKC activity

- Lunges
- Bosu step

Isokinetic Evaluation (Week 8) - 180°/sec - 300°/sec

Progression to jogging and agilities as tolerated at weeks 10-12 if isokinetic evaluation demonstrates 20% or less strength deficits