

## **Meniscus Repair Guidelines**

### **General Rehab Goals:**

- NL ROM with return to ADL's/ work/ sport
- NL strength and proprioception
- Unless otherwise instructed by Dr. Domont, use crutches when walking and bear weight as tolerated on the operated leg.
- Return to sports 10-12 weeks
- Control pain and swelling

### **Pre-op Requirements:**

- Normal Gait
- AROM of 120 Degrees
- Strength  $\geq$  4/5
- Minimal effusion
- Educate in post-op exercise program (QS, SLR x4, Heel and Wall Slides)
- Educated in ambulation with crutches

### **Day One Post-op:**

#### **Goals:**

1. Control pain and swelling
2. Full extension- day one
3. Elicit quad contraction

#### **Instructions:**

1. Wound care/ dressing
2. Showering
3. Cryocuff
4. Medications

#### **Educate in post-op restrictions:**

1. Flexion limited to 90 degrees until end of week 4, then increase to full starting at week 5
2. Unless otherwise instructed by Dr. Domont, use crutches when walking and bear weight as tolerated on the operated leg.

#### **Educate in post-op exercises:**

1. Quad sets
2. Straight leg raises x 4
3. Heel and wall slides

4. Focus on obtaining full knee extension (utilize heel props but no hyper-extension)

### **Phase I (week 1-4)**

Goals:

1. ROM: 0-90 degrees (increase per physician orders)
2. Establish and maintain good quad control
3. Establish good hip control (10 unassisted SLR all 4 directions)

#### **Week 1**

Add exercises:

1. SLR - eccentric and weighted until able to do 7lbs.
2. Exercise bike
3. Un-resisted prone ham curl

#### **Week 2-4**

Add exercises:

1. Hamstring Curl
2. Seated calf
3. Multi-hip
4. Knee extensions

### **Phase II (week 4-6)**

Goals:

1. AROM: no restrictions
2. Maintain good quad and hip strength
3. Ambulate without a limp

#### **Week 5**

ROM: 0-120 degrees

Add exercises:

1. Leg press
2. Seated calf raises
3. Standing TKE with T-band (PWB)

#### **Week 6**

AROM: Full without restriction

Add exercises:

1. Standing calf raises
2. Step down forward and lateral (height to tolerance)
3. Retro walking on treadmill
4. Proprioception exercises

### **Phase III (week 7 -end)**

Goals:

1. Begin jogging/ running progression
2. Advance proprioceptive and agility drills
3. Sport specific activities
4. Attain 80% quad/ hamstring strength compared to opposite
5. Gradual return to sports/ activities
6. Maintain full ROM (compared to opposite)

7. Return to pain free ADL's

### **Weeks 7-10**

AROM: full ROM without restriction

Add exercises:

1. Fitter (lateral)
2. Quarter squats
3. Slide Board
4. Sports Cord (Resisted progression forward and backward- walking)
5. Proprioception (Trampoline - one leg balance with and without ball toss)
6. Wall squat
7. Static lunge
8. Front-back shifts on fitter
9. Walking lunge
10. Power walking

### **Week 10-12**

AROM : Full and Maintain

Add exercises:

1. Full extension PRE's
2. Jog on flat level surfaces
3. Lateral sports cord (walking)
4. Sports Cord Running - forward and backward
5. Isokinetic workouts
6. Continue running progression
7. Sport specific skills with proprioception