

Arthroscopic Meniscal Repair Rehabilitation Protocol

I GOALS

- 1) Manage inflammation (Iceman, NSAIDs, etc.)
- 2) Controlled gains in range-of-motion
- 3) Early maintenance of strength
- 4) Immediate weight bearing in full extension
- 5) Brace - Extension Lock Brace (ELS)

II 0 - 1 WEEK

- ROMs 0° - 90° non-weightbearing, patellar slides
- Weight bearing WBAT in full extension (brace locked)
- Strength Controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
- Brace Locked in extension

III 1 - 4 WEEKS

- ROMs Achieve 0° - 90°, patellar slides
- Weight bearing WBAT (brace locked)
- Strength Continue 0-1 week exercises
- Brace Locked in extension

IV 4 - 6 WEEKS

- ROMs Advance to normal ROMs, no flexion loading beyond 90° flexion
- Strength Quads - mini squats, closed chain exercises
Hamstrings - start hamstring curls, hip extension and flexion,
Calf exercises
- Weight bearing Begin normal gait training, initially unlock brace and then wean from brace over the next 2 weeks

V 6 WEEKS

- ROMs Achieve normal ROMs
- Strength Continue 4-6 weeks protocol
- Weight bearing WBAT (without brace)

*****No flexion loads beyond 90° flexion (stresses the repair)*****

VI	> 6 WEEKS	Home Program
VII	4 MONTHS	Resume athletic activities
VIII	6 MONTHS	Allow hyperflexion and squatting at this time