



Meniscus Repair Protocol

I) Weeks 0-4:

- Restrictions:
 - 1) Immobilizer must be on at all times when walking.
 - 2) Partial weight bearing (20 lbs) with the knee in full extension using crutches

- Goals:
 - 1) Active ROM: 0-90 degree maximum.
 - 2) Reduce muscle atrophy.
 - 3) Reduce swelling.

- Anti-edema
 - 1) Ice/Cryotherapy multiple times during the day
 - 2) Compression with TubiGrip/TEDS
 - 3) Ankle pumps while icing.

- Therapy/Exercises:
 - 1) ROM:
 - a. Long sitting heel slides.
 - b. Hook lying heel slides.
 - c. Supine wall slides for knee flexion.
 - d. Prone knee flexion.
 - e. Supine knee extension with towel under ankle.
 - f. Prone hangs.
 - g. Towel calf stretches.

 - 2) Core exercises:
 - a. Crunches.
 - b. Oblique crunches.
 - c. Prone superman.

 - 3) Hip and lower extremity exercises:
 - a. Belt abduction isometrics.
 - b. Pillow adductor squeezes.
 - c. Advance to straight leg raises as able.
 - d. Gluteal sets.

- e. Quad sets.
- f. Hamstring sets.
- g. Ankle DF and PF isometrics against crutch advancing to Theraband as comfort improves.

II) Weeks 4 to 8:

- Restrictions:
 - 1) D/C immobilizer
 - 2) Progress to WBAT (wean crutches)
- Goals:
 - 1) Reduce effusion
 - 2) Full ROM
 - 3) Minimize hip, core and lower extremity atrophy
- Therapy/Exercises:
 - 1) ROM exercises:
 - a. Continue with previous ROM exercises.
 - 2) Gait training:
 - a. Weight shifts.
 - (a) Side to side.
 - (b) Forwards and back.
 - b. Gait mechanics training.
 - (a) High knees.
 - (b) Big steps.
 - (c) Side shuffle walking speed.
 - (d) Single leg stance.
 - (i) Advance to cushion, ½ roll, ball catches.
 - 3) Core exercise examples:
 - a. Prone plank.
 - b. Side plank.
 - c. Upper back six pack on ball.
 - d. Supine ball rotations.
 - e. Side crunch on ball.
 - 4) Hip and lower extremity exercise examples:
 - a. 85 degree flexion limit.
 - (a) Isometric leg press
 - (b) Bridging as able.
 - (c) Standing hip Theraband in all directions.

- (d) Step up.
- (e) Mini squat.

III) Weeks 8 to 16:

- Restrictions:
 - 1) No loading at flexion angles greater than 90 degrees

- Goals:
 - 1) Full active range of motion
 - 2) No effusion
 - 3) Improved core and hip strength and endurance

- Therapy/Exercises: (No loading past 90 degrees of knee flexion).
 - 1) Weight bearing examples:
 - a. Maximize proprioceptive training:
 - (a) Cushion work.
 - (b) Bosu ball.
 - (c) ½ roll.
 - (d) Sport specific:
 - (i) Ball catches.
 - (ii) Ball throws.
 - (iii) Stick handling.

 - 2) Core work examples:
 - a. Upper back six pack on ball.
 - b. Prone walk out on ball.
 - c. Side crunch on ball.
 - d. Continued plank work.
 - e. Back bridge single arm dumbbell fly.
 - f. Bridge.
 - g. Quadrupled hip extension.
 - h. Quadrupled bird dog.

 - 3) Hip work/lower extremity work examples:
 - a. Continued standing hip Theraband in all planes.
 - b. Seated hip IR and ER against Theraband.
 - c. 85 degree knee flexion limit
 - (a) Step ups with dumbbells.
 - (b) Mini lunge with dumbbells.
 - (i) Two dumbbells.
 - (ii) One dumbbell in either hand.
 - (c) Sumo squat with weight elevated on boxes.
 - (d) Wall squat with tubing valgus stress.

- (e) Hockey side lunge.
- (f) Limited range dead lift.

- 4) Non-impact aerobic conditioning:
 - a. When walking with normal gait mechanics.
 - b. Build up to 30 minutes of non-impact conditioning.
 - c. Knee flexion angles do not exceed 90 degrees.
 - (a) Elliptical trainer.
 - (b) Stairmaster.
 - (c) Standard stationary bike.

IV) 4 months:

- 1) Initiation of return to sport program.
- 2) Outcome tools
 - a. LEFS: Lower Extremity Functional Scale
 - b. PSFS: Patient Specific Functional Scale