

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

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| <ul style="list-style-type: none"> • ROMs • Weight bearing • Strength
 • Brace | <p>0° - 90° non-weightbearing, patellar slides
WBAT in full extension (brace locked)
Controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
Locked in extension</p> |
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III 1 - 4 WEEKS

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| <ul style="list-style-type: none"> • ROMs • Weight bearing • Strength • Brace | <p>Achieve 0° - 90°, patellar slides
WBAT (brace locked)
Continue 0-1 week exercises
Locked in extension</p> |
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IV 4 - 6 WEEKS

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| <ul style="list-style-type: none"> • ROMs
 • Strength
 • Weight bearing | <p>Advance to normal ROMs, no flexion loading beyond 90° flexion
Quads - mini squats, closed chain exercises
Hamstrings - start hamstring curls, hip extension and flexion, Calf exercises
Begin normal gait training, initially unlock brace and then wean from brace over the next 2 weeks</p> |
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V 6 WEEKS

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| <ul style="list-style-type: none"> • ROMs • Strength • Weight bearing | <p>Achieve normal ROMs
Continue 4-6 weeks protocol
WBAT (without brace)</p> |
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*****No flexion loads beyond 90° flexion (stresses the repair)*****

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