

Meniscus Repair Protocol

Dr. Green

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> -Dressing change -Instruct in signs/symptoms of infection -Check for DVT -Cryotherapy <p>HEP: quad set, 4 way SLRs, heel slide, patellar mobs</p>	<ul style="list-style-type: none"> -Independent in HEP -Fair quad set -Independent with SLR -No weight bearing -Home e-stim unit if needed
Phase I 0-4 weeks	<p>Frequency: 1-2x/week if needed to attain good quality quad set and good progression of ROM</p> <ul style="list-style-type: none"> -Tabletop exercises if in the clinic and continued HEP -Progress ROM as tolerated to 90 degrees -Non-WB initially (4-6 weeks per operative report) 	<ul style="list-style-type: none"> -Good quad set -Full extension -ROM to 90 degrees only
Phase II 4-12 weeks	<p>Frequency: 3x/week</p> <ul style="list-style-type: none"> -Progress WBAT activities and ROM past 90 for small repairs at 4 weeks, for large repairs at 6 weeks -Plyometrics may begin around 12 weeks – double leg, progress to single <p>May begin jogging, swimming, biking as tolerated at 12 weeks</p>	<ul style="list-style-type: none"> -Normal gait -Normal gait ascending/descending stairs -ROM WNL
Phase III 12-16 weeks	<p>Frequency: 1-2x/week</p> <ul style="list-style-type: none"> -Progress to full ROM as tolerated -Progress all other strengthening, proprioception and plyometrics as tolerated 	Return to sport/functional training at 12-16 weeks
Phase IV 16-20 weeks	Frequency: PRN	Return to sports/functional activity