

Meniscus Repair Protocol

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Weeks 1-2:

Weight Bearing:	Toe Touch Weight Bearing or per Physicians' orders
Modalities:	Russian Stimulation & Pain/Edema management
Stretching:	Hamstring, IT Band, Gastroc-Soleus
Strengthening:	<ol style="list-style-type: none">1. Quad Sets2. Straight Leg Raises (no extension lag)3. Hip Isotonics (abduction, extension)4. Ankle Pumps or resisted ther-a-band5. Ball ROM (CPM type movements)6. Prone Hangs and/or sustained knee extension stretches
Range of Motion:	0-90 degrees in clinic, brace removed for PT and HEP only

Weeks 3-4:

Weight Bearing:	50% weight bearing at 4 weeks post operatively or per Physicians' orders
Modalities:	Russian Stimulation and/or biofeedback if quadriceps tone is poor
Stretching:	Same as above
Strengthening:	<ol style="list-style-type: none">1. Low level total gym squats at 50% weight bearing at 4 weeks2. Ball ROM/extension stretching (contact physician if ROM is difficult)3. Continue hip isotonics, SLR's with biofeedback, etc
Range of Motion:	0 – 120 degrees

Weeks 5-6:

Weight Bearing:	50-75% weight bearing or per Physicians' orders
Modalities:	As needed
Stretching:	Continues as needed, should be equal bilaterally at this time
Strengthening:	<ol style="list-style-type: none">1. Gradually increase total gym resistance to 50-75% WB status2. Small repairs (light leg press, bilaterally)3. Small repairs (Hamstring Curls with resistance)4. Wall Sit, Gait retraining, Mini-squats)5. UBC: standing
Range of Motion:	0 -135 degrees

Weeks 7-8:

Weight Bearing: Full Weight bearing, work to establish normal gait pattern

Strengthening:

1. Hamstring Curls
2. Leg Press or upper level total gym (uni/bilaterally)
3. Squats (gluteal involvement)
4. Single leg stance/balance as tolerated)

Cardiovascular:

1. Stationary Bike (10-20 min)
2. Swimming (deep water cycling, treading water, walking)
3. Elliptical, treadmill (walking), stair machine

Range of Motion: Equal Bilaterally in flexion and extension

Weeks 9-12:

Strengthening:

1. Dynamic Warmup
2. Eccentric Quadriceps activities
3. Squats with proper technique
4. Lunges
5. Resisted walking
6. Wall Sits
7. Single leg balance, proprioception

Cardiovascular: 1. Combination of exercise (bike, walking, elliptical, swimming) 30-45 min/day

4 Months:

Strengthening:

1. Small Repairs: running straight only or per Physicians' orders
2. Progress dynamic stability, balance
3. Lunges, squats, wall sits
4. Single leg squats, balance,

Cardiovascular: Same as Above

5 Months:

Strengthening:

1. Small Repairs: cutting, lateral carioca, figure 8's, light plyometrics
2. Upper level balance, proprioception, core strengthening

6 Months:

Strengthening:

1. Complex Repairs: straight ahead running
2. Small Repairs: full sports if passed functional strength test at 95% or better:
 - A. Single Hop Test
 - B. 3 Hop Test
 - C. 3 Hop Crossover Test
 4. Single Leg Balance and Reach Test

7-8 Months:

Strengthening:

1. Complex Repairs: cutting, lateral movements, plyometrics per Physicians' orders
2. Sports Specific training, agility, power, skills
3. Release to full sports per Physicians' orders