

**Jeffrey Dean, MD
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ISOLATED MENISCAL REPAIR (Rehabilitative Guidelines)

Revised January 2003

Post-op Days 1 – 14

No HS Ex Dressing – POD 1: Debulk dressing, TED Hose in place
 – POD 2: Change dressing, keep wound covered, continue TED Hose
 – POD 7-10: Sutures out, D/C TED Hose when effusion resolved
Brace – locked in extension for ambulation
Crutches – TTWB in brace
Patellar mobilization (teach patient)
Calf pumping
PEAF (passive extension-active flexion), heel slides – Limit to 0-90 degrees
AAROM 0-90 degrees
Passive extension with heel on bolster or prone hangs
Electrical stimulation in full extension with quad sets and SLR
Quad sets, Co-contractions quads/hams
SLR x 4 (parallel bars if poor quad control)
Double leg heel raises
Gentle HS stretching
Ice pack with knee in full extension after exercise

Goals – Full passive extension, Good quad control, 0-60 degrees AROM

Weeks 2 – 4

No HS Ex Brace – locked in extension for ambulation
Crutches – TTWB in brace (D/C at 6 weeks if gait is WNL)
Continue appropriate previous exercises
Scar massage when incision healed
PROM, A/AROM, AROM 0-90 degrees only
SLR x 4 – add light ankle weights if quad control is maintained
Weight shifts (partial support in parallel bars)
Stretches – HS, AT, Hip Flexors, ITB

Goals – Pain/effusion control, No extensor lag

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Weeks 4 – 6

Brace – Locked in extension for ambulation

Crutches – PWB in brace

Continue appropriate previous exercises

PROM, AAROM, AROM with goal of 90 degrees by 6 weeks

Mini squats, weight shifts – in parallel bars

Total Gym to start closed chain activity

- Mini squats (level 3-5) – No flexion > 45 degrees

- Passive flexion to 90 degrees (push up with opposite leg)

Leg press with light resistance, 0-45 degrees

Hamstring curls 0-45 – closed chain (carpet drag, rolling stool)

Stationary bike with seat high for ROM – complete cycle as able

Pool therapy – Walking and jogging (no kicking)

Goals – ROM 0-90 degrees, No effusion

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Weeks 6 – 9

Brace – open to available range
Crutches – WBAT, D/C when gait is WNL
Continue appropriate previous exercises
PROM, AAROM, AROM – gradually increase motion
Partial wall squats – No knee flexion past 45 degrees
Forward, lateral, and retro step downs in parallel bars
– No knee flexion past 45 degrees
Single leg heel raises
Proprioceptive training – single leg standing in parallel bars
– Double leg BAPS for weight shift,
– Progress to single leg BAPS, ball toss, and body blade
Standing SLR x 4 with Theraband bilaterally
Hamstring curls 0-60 – closed chain
Stationary bike for progressive resistance and time
Treadmill – Backwards and forwards walking
Elliptical trainer
Pool therapy – unrestricted

Goals – Full ROM, Normal gait

Weeks 9 – 12

D/C brace
Continue appropriate previous exercises with progressive resistance
May begin incorporating open chain strengthening as tolerated
– HS curls to 90 degrees only
Leg press 0-90 degrees only
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Functional activities – Fitter, slide board
Treadmill – Forward walking approaching 15 min/mile pace
Begin Gym program

Goals – Walk 2 miles at 15 minute pace

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Months 3 – 4

No squatting Continue appropriate previous exercises
>90 degrees Full hamstring curls – Open/closed chain
Treadmill – Begin speed walking to jogging program
Quad stretches
Pool therapy – Begin swimming laps

Goals – Jog 2 miles at easy pace

Months 4 – 6

Home/gym program
Full flexion with squatting/leg press
Treadmill – Begin running progression program
Agility drills / Plyometrics
Continue strengthening, stretching, proprioceptive training, and running
Sit-up progression
Functional test at 6 months to clear for sports and discharge
– Must have 90% of opposite leg

Goals

Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op