

Arthroscopic Meniscal Repair Operative Rehabilitative Protocol

Goals

- manage inflammation (cold therapy, NSAID's, etc.)
- Controlled gains in range of motion
- Early maintenance of strength
- Immediate weightbearing in full extension
- Brace-extension lock brace (ELS)

Phase 1 (0-1 week)

- ROM's (0-90 degrees non-weightbearing, patellar glides)
- Weightbearing in full extension with brace locked
- Controlled quadriceps strengthening, straight leg raises, quad sets, hip extension and flexion, calf raises
- Keep brace locked in extension

Phase 2 (1-4 weeks)

- Achieve 0-90 degrees of motion; continue patellar glides
- Weightbearing as tolerated with brace locked
- Continue strengthening as in phase 1

Phase 3 (4-6 weeks)

- Advance to normal range of motions
- No flexion loading beyond 90 degrees
- Strengthening
 - Add mini-squats, closed chain exercises to quadriceps program, start hamstring curls, continue hip/calf strengthening
- Begin normal gait training (first unlock brace, then wean from brace)

Phase 4 (6 weeks)

- Achieve normal range of motions and continue strengthening as in phase 3
- Continue to avoid flexion loading beyond 90 degrees
- Weightbearing as tolerated without brace

Phase 5 (> 6 weeks)

- Home program

Phase 6 (4 months)

- Resume athletic activity

Phase 7 (6 months)

* Allow hyperflexion and squatting at this time