

MENISCUS REPAIR

DR ELRASHIDY – TRI-VALLEY ORTHOPEDICS

OVERVIEW

- Key Factors in determining rehab progression after meniscal repair:
 - ♦ Anatomic site and location of tear
 - ♦ Strength of fixation
 - ♦ Other pathology (ACL tear, PCL tear, etc)
- For ACL reconstructions with meniscal repair, defer to precautions in meniscal repair protocol.

GENERAL GUIDELINES

- Ok to shower on POD 3. **NO bathing/soaking knee** until cleared by physician
- Sleep with brace locked in extension x 3-4 weeks
- **Brace guidelines:** Locked in **FULL EXTENSION with Weight-Bearing** x 6-8 weeks
- Weight-bearing as Tolerated

PHASE I: Stage 1 = MAX PROTECTION (Weeks 0 Through 3)

- Control inflammation + swelling (cryocuff/ice, elevation, compression)
- Scar tissue and patellar mobilization
- TROM locked in full extension (0°) when WB
- **WBAT** (crutches prn) and **brace locked at 0°** except for:
 - * **Revision, Root Repair or Radial Tear Repair = Non Weight-Bearing**
- Passive ROM: 0° - 90°
 - ♦ Gradual increase in ROM over first 7-21 days with no flexion past 90°

Exercises (In brace locked at 0°):

- Quadriceps isometrics
- Straight Leg Raises in all planes
- Hip abduction strengthening

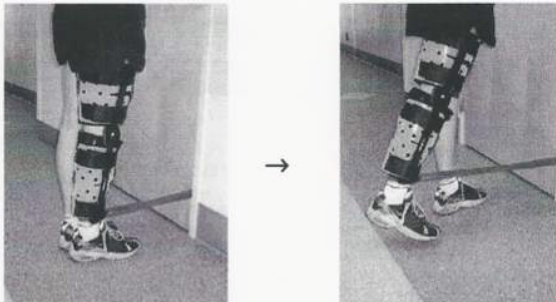


Straight Leg Raise – Brace On When you are able to stretch your knee completely straight you can do this exercise: With your knee completely straight and the brace on and with your other knee bent, lift the operated leg up as high as your other knee. Hold for 2-3 seconds, repeat 10-20 times, 4-5 times per day.

MENISCUS REPAIR PROTOCOL

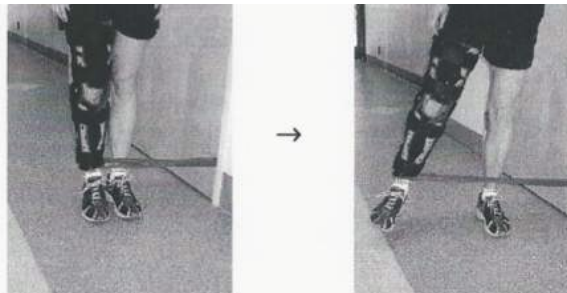
Hip Workout:

Extension Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Extend your leg backwards. Follow strength progression as above. Repeat with opposite leg.



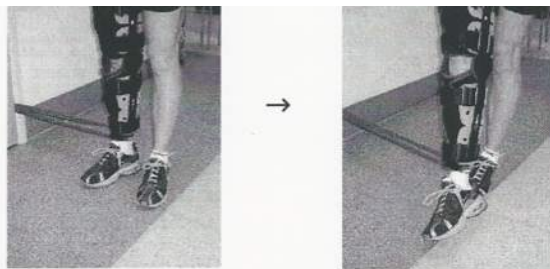
Hip Workout: Abduction:

Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Lift your leg out to the side. Follow strength progression as above. Repeat with opposite leg.



Hip Workout: Adduction:

Secure a loop of theraband in a door. Stand in the brace with the band around your ankle. Pull band across your body by crossing your leg. Follow strength progression as above. Repeat with opposite leg.



PHASE I: Stage 2 = Weeks 4 through 6

- Initiate toe raises in brace locked at 0°
- Initiate unloaded flexibility exercises
- Continue all precautions/exercises from Stage 1
- ROM Goal: WB – 0°, NWB – 0°-90°

PHASE II: MODERATE PROTECTION (Weeks 7 through 9)

Goals:

- Increase strength and endurance
- Normalize Unloaded (or NWB) ROM of knee
- WB with brace unlocked from 0°- 90° by Week 8 or 9

Brace/Weight-bearing/ROM

- Begin **unlocking brace IN WB** at Week 7 by 20°-30° every few days. Goal of unlocking to 90° in WB by Week 9.
- Increase NWB motion gradually with goal of full motion (0°- 130°) by Week 10

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Exercises:

- Continue hip, quad, hamstring, calf strengthening
- Mini-squats to 45°
- Lateral step-ups and flexibility exercise
- Begin swimming – No frog-kick
- Begin pool running
- Cycling (start with no resistance and gradually add resistance) and stair machine
- Balance board and backward walking – Coordination program

PHASE III: ADVANCED PHASE (Weeks 10 through 17)

Goals:

- Increase power and endurance
- Emphasize return to skill activities
- Obtain full ROM in WB and Discontinue TROM
 - ♦ Obtain and **allow full ROM in WB**. From 90°, beginning in Week 10, add 10-15° every 3 days.
 - ♦ Discontinue TROM by Week 11-12

Exercises:

- Continue & progress flexibility & strengthening program based on individual needs and deficits
- Initiate and increase bilateral plyometrics
- Progress to unilateral plyometrics once 4 inch lateral dip test is 90% of non-op leg
- **Initiate running program**
 - ♦ Run on level ground starting at Week 13
 - ♦ Unilateral bridging with T-Band resistance at Week 13
 - ♦ Figure 8 running starting at Week 17

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MENISCUS REPAIR PROTOCOL
