

Arthroscopic Meniscus Repair Protocol Kyle F. Chun, MD

Phase I (0-6 weeks)

Goals:

Alleviate acute pain and swelling

Prevent muscle atrophy

Gentle AROM

Promote comfortable ambulation WBAT with brace and crutches

Maintain cardiovascular conditioning

Plan:

Weight Bearing	ROM	Brace	Exercise
0-6 weeks WBAT in full extension only	0-4 weeks AROM out of brace to 90 degrees knee flexion 4-6 weeks AROM/AAROM out of brace to 110 degrees knee flexion	0-6 weeks locked in extension during weight bearing Remove for exercise	Heel slides, quad sets SLR, SAQ, co-contractions isometric ab/adduction, patellar mobilization, ankle strength, modalities PRN

Phase II (6-12 weeks)

Goals

Independent ambulation

Increase ROM

Plan:

Weight Bearing	ROM	Brace	Exercise
6-8 weeks WBAT in brace unlocked to 0-90 degrees 8-12 weeks WBAT out of brace	6-8 weeks AROM as tolerated 8-12 weeks AAROM/PROM as tolerated	6-8 weeks unlocked to 0-90 degrees Discontinue at 8 weeks	Closed-chain exercises: 6-8 wks lunge/squat/leg press to 60 degrees 8-12 wks lunge/squat/leg press to 90 degrees Begin stationary bike, hamstring and proprioception exercise, stairs

ORTHOPEDIC **OA** ASSOCIATES

Phase III (12+ weeks)

Goals:

Full ROM with normal gait
Maximize quadriceps and hamstring strength
Return to sport

Plan:

Weight Bearing	ROM	Brace	Exercise
WBAT	Full	None	Progress phase 2 exercises focus on single leg strength running, jogging, plyometrics, sport specific drills