

Meniscus Repair

PHASE I (0-2 weeks after surgery)

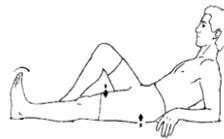
Goals	<ul style="list-style-type: none"> • Decrease swelling • Gain flexion; limit to 90 degrees
Precautions/Brace	<ul style="list-style-type: none"> • Wear brace most of the time. • ROM 0-90 degrees • 50% WB
Exercises	<ul style="list-style-type: none"> • Calf stretches • Ankle pumps, heel slides no greater than 90 degrees, quad sets, SLR (with brace in full extension) • Rolled towel under heel for extension stretch, 20min, 3x per day
ROM Goals	<ul style="list-style-type: none"> • Limit to 90 degrees when non-weight bearing



Ankle Pumps



Heel Slide



Quad Sets



Straight Leg Raise

PHASE II (2-6 weeks)

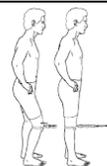
Goals	<ul style="list-style-type: none"> • 90 degrees flexion • Minimal swelling • Quadriceps muscle control
Precautions/Brace	<ul style="list-style-type: none"> • 2-4 weeks full in brace; unlocked 0-90 degrees, 50% WB • 4-6 weeks full without brace • May remove brace at night • No weight bearing with >90 degrees flexion • Avoid rotation exercises
Exercises	<ul style="list-style-type: none"> • Continue phase I exercises, Co-contraction isometric ab/adduction, patellar mobilization • Terminal Knee Extensions (TKE) • Calf Raises (seated) • 4-6 weeks progress to partial wall sits (no greater than 90 degrees flexion) • Core Strengthening • Avoid open kinetic chain exercises (i.e. leg extension, leg curl)
ROM Goals	<ul style="list-style-type: none"> • As tolerated



Abduction



Adduction



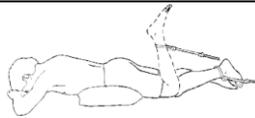
TKEs



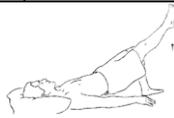
Calf Raises - Seated

PHASE III (6-12 weeks)

Goals	<ul style="list-style-type: none"> • Increase Strength • Gain full and pain free ROM
Precautions/Brace	<ul style="list-style-type: none"> • Discontinue use of brace and crutches
Exercises	<ul style="list-style-type: none"> • Continue phase II exercises, progress to proprioception and closed chain strengthening • Stationary Bike • Begin hamstring strengthening • Bridging, wall squats, calf raises standing, balance, hip abduction, step ups, advanced core



Hamstring Curls



Bridge



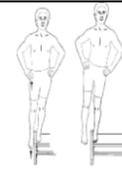
Wall Squats



Balance



Step Ups



Step Downs

PHASE IV (3-6 Months)

Goals	<ul style="list-style-type: none"> • Running and endurance speed • Single Leg Strength • Begin preparing for return to activity
Precautions	<ul style="list-style-type: none"> • Reduce activity if you notice an increase in swelling that is not manageable • Refrain from open chain leg extension • Must have good quad control before progressing to single leg hops, cutting, single leg agility
Exercises	<ul style="list-style-type: none"> • Stairmaster, elliptical, swimming, and straight ahead running at 12 weeks • Controlled jumping at 16 weeks, lunge and reverse lunge • Sprints, backward running, cutting, sport specific drills at 16 weeks when cleared by MD



Lunge



Box Jumps



Deep Squat



Single Leg Squat