

Arthroscopic Meniscal Repair Protocol

Name _____ Date _____

Procedure _____

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Frequency 1 2 3 4 5 times/week Duration 1 2 3 4 5 6 weeks

***Range of motion is an important progression of therapy, but limiting swelling is important.
Respecting swelling will decrease pain and improve motion.***

Location of repair: _____

Accelerated Rehabilitation (if circled follow modifications below)

****Accelerated Rehabilitation:*

- NWB weeks 0-2
- PWB
 - 25% brace locked, bilateral crutches week 3
 - 50% brace locked, bilateral crutches week 4
 - 75% brace open, bilateral crutches week 5
- FWB week 6

Weeks 0-4:

- Non-weight bearing.
- Brace:
 - 0-2 weeks locked in full extension for ambulation and sleeping
 - May unlock brace to max of 90° per patients' tolerance at therapists discretion
 - Keep locked for ambulation
- Goal ROM: 0-90°
 - ROM beyond 90° begins at week 3 (for *Accelerated Rehab*)
- Therapeutic exercises: ankle pumps, heel props, quad sets, SLR, heel slides 0-90°, NWB hamstring/calf stretch, quad stimulation, patellar mobilization, scar mobilization once healed
- CPM: 0-90° 2-3x per day for 2 hours each session and increase 5-10° per day
 - Week 3 goal: 0-110° unloaded

Weeks 4-6:

- Weight bearing progression per MD
- Brace:
 - DC brace after independent SLR with no lag and after weight bearing restrictions are lifted (approx. 6 weeks)
- ROM: FULL
- Therapeutic exercises: continue as above

Weeks 6-12:

- Progress towards FWB without crutches, normalize gait pattern
- ROM: FULL
- Therapeutic exercises: stationary bike: ROM, ¼ squats, partial wall squats, TKE, Hip 4-way band, proprioception exercises, leg press ($\leq 90^\circ$)

Months 3-12:

- Full weight bearing
- Full ROM
- Progress quad strength, focus on single limb strength, light jogging with progression on running gradually
- 5-6 months begin sport specific drills
- ****No weighted squats below 90° x 6 months****

Comments:

FCE _____ Work Conditioning/Work Hardening _____ Teach HEP _____

Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.

Signature _____ Date _____