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Isolated Meniscus Repair Protocol

0-4 weeks

Goals:

Alleviate acute pain and swelling
Prevent muscle atrophy
Gentle AROM

NON WEIGHTBEARING FOR FOUR WEEKS

Maintain cardiovascular conditioning

Plan:

Knee immobilizer at all times for walking

Exercises:

Range of motion out of brace
Isometrics
Hip flexion, abduction, adduction, extension
Knee flexion exercises (prone, standing or NK table)
Early proprioceptive training
Ankle exercises (theraband)
LE stretching (ham/ gastroc)

Bike: light resistance (if ROM >90°)

Modalities as needed (EMS for muscle re-ed; IF for edema control)

4-6 weeks

Goals:

Independent ambulation
Increase ROM

Plan:

Ambulation without brace
Continue previous exercises (progress as tolerated)
Closed chain exercises (ok squats to 60°)
Progress with cardiovascular exercises (Stairmaster, bike, elliptical)
May begin gentle swimming (no whip kick, egg beater kick) ROM 0-90°

6-10 weeks

Goals:

Full ROM
Increase quadriceps and hamstring strength
Continue general conditioning

Plan

Full symmetric ROM
Normal gait
Continue with previous strength (progress as tolerated)
Squats ok to 90°

10-12 Weeks

Goals -
Improve proprioception
Improve strength

Plan:
Begin running on track
Progress with proprioceptive training
Continue with strength training

12+ Weeks

Goals:
Return to sports

Plan:
Progress with higher level activity and sport training