



Orthopaedic Protocols

Meniscal Repair

1-3 Weeks:

- Immobilizer/brace at 0 degrees for gait, flexion to 90 degrees
- Remain partial weight bearing on crutches (4 weeks)
- Patellar mobs, reinforce scar mobilization at home
- NMES for quad strength prn
- AROM/PROM open chain knee
- Exercises:
 - SLR
 - 4 plane isomoetrics
 - Short arc quads
 - Hamstring stretches

Goals:

- AROM knee 0-90, SLR's quad lag

4-6 Weeks:

- Immobilizer/brace at 0 degree for gait
- Exercises:
 - Open chain hip, knee, ankle PRE's
 - Continue hamstring stretches
- Closed chain to 45 degrees knee flexion when pt tolerated full WB'ing
- NMSE for quad strength PRN

Goals:

- Full patellar mobility, AROM knee flex <10 degrees contralateral
- LE, minimal effusion

7-12 Weeks:

- Progress ROM as tolerated to normal limits
- D/C immobilizer per MD
- Full weight bearing, D/C crutches when there is no limp present
- Progress PRE's for hip, knee, ankle
- Progress closed chain knee flexion 45-90 degrees
- Begin closed chain >90 degrees (8 weeks)
- Initiate proprioceptive training
- Endurance training c bike/elliptical/stairmaster

Goals:

- Full AROM, normal gait, no effusion

12-14 Weeks:

- When knee ext 80% strength of contralateral limb:
 - Initiate running, sports specific drills, agility drills, plyometrics, exercise routine at gym
- Return to sport when strength >90%