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Meniscus Repair Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect repair ● Minimize pain ● Minimize Swelling ● Begin passive range of motion exercises ● Start PT 3-5 days after surgery ● Work on quad recruitment 	<p>50% weightbearing with crutches x 4 weeks</p> <p>Brace worn unlocked from 0-90° until 6 weeks postop</p> <p>Brace may be removed for hygiene and with therapy</p>	<ul style="list-style-type: none"> ● Obtain full extension if lag is present ● Work on 0-90° ROM with no forced flexion 	<ul style="list-style-type: none"> ● Quad/HS sets ● Heel slides in brace ● Patella mobilizations ● SLR in brace at 0 degrees until quad can maintain knee locked ● 4-way hip strengthening ● Stationary bike with seat high, lower to normal seat height as tolerated ● Aquatic therapy (after first postop visit) ● Leg extension and leg curls within ROM limitations
<p>Phase 2 (6-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Improve muscular strength and endurance ● Full, pain free ROM ● Restore normal gait ● Improve balance and proprioception 	<p>Progress to full weightbearing, normal gait</p> <p>Can use one crutch while normalizing gait</p> <p>Eliminate assistive devices once quad recruitment normal</p>	<ul style="list-style-type: none"> ● Restore full, active ROM 	<ul style="list-style-type: none"> ● Progress to strengthening exercises ● Progress to closed-chain exercises with resistance

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<p>Phase 3 (10+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Restore to pre-operative activity level● Enhance muscular strength/endurance	<p>Full Weightbearing without crutches</p>	<ul style="list-style-type: none">● Maintain full active range of motion	<ul style="list-style-type: none">● Progress to activity-specific strengthening exercise● Begin plyometric/jumping exercise● Begin running program (through walk-run progression)● Begin cutting/agility exercises●
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