

## MENISCUS REPAIR

### REHABILITATION PROTOCOL

#### Post-Operative Physical Therapy Protocol

Philip A. Davidson M.D.

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> Days 1-10  Maximum Protection Phase	Full WB	Locked in full extension for ambulation and sleeping	Gradually increase passive 0-90°	Ice, compress, elevate Stretch hamstring/calf, patellar mobilization, straight leg raises, quad sets, hip abduction/adduction, knee extension 60-0° <b>Avoid active deep knee flexion</b>
<b>PHASE I</b> 2-4 weeks  Maximum Protection Phase	Discontinue crutches when safe and proper gait (week 3-4)	Locked in full extension for ambulation	Passive ROM Goals: <b>Week 2-4:</b> 0-90°	Ice/compression as needed Multi-angle quad isometrics, straight leg raises (4 planes), knee extension 90-0°, CKC mini-squats 0-45°, CKC wall squats, CKC weight shifts (diagonal) Balance training (cone step-overs) Bicycle (once ROM appropriate)
<b>PHASE II</b> 5-8 weeks  Moderate Protection Phase	Full, without use of crutches and with a normalized gait pattern	Discontinue use at weeks 4-5	Maintain 0-135°	<b>Strength:</b> Leg press 70-0°, knee extension 90-40°, hip abduction/adduction, wall squats 0-70°, vertical squats 0-60°, lateral step-ups <b>Balance:</b> squats rocker board, cone step-overs, bicycle, pool therapy <b>Avoid twisting, pivoting, running and deep squatting</b>

<p><b>PHASE III</b> 9 weeks – 4 months</p>	<p>Full</p>	<p>None</p>	<p>Maintain full and pain- free</p>	<p><b>Week 9:</b> Continue all strengthening exercises above; begin light resisted hamstring curls, stair stepper, toe calf raises Progress balance training, isotonic strengthening program <b>Week 12:</b> initiate pool running if avail.</p>
<p><b>PHASE IV</b> 4-6 months</p>	<p>Full</p>	<p>None</p>	<p>Full and pain-free</p>	<p>Continue and progress all strengthening exercises and stretching drills <b>4 months:</b> deep squatting permitted, initiate straight line running <b>5 months:</b> initiate pivoting, cutting, agility training Gradually return to sports</p>