

Brennen Lucas, M.D.

Advanced Orthopaedic Associates

9828 E Shannon Woods, Suite 100

Wichita, KS 67226

316-631-1600

Fax: (316) 631-1674



Arthroscopic Meniscal Repair Rehabilitation Protocol

I GOALS

- 1) Manage inflammation (Iceman, NSAIDs, etc.)
- 2) Controlled gains in range-of-motion
- 3) Early maintenance of strength
- 4) Brace - TROM

II 0 -1 WEEK

- ROMs 0° - 90° Toe touch weightbearing, patellar slides
- Strength Controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises

III 1 - 4 WEEKS

- ROMs Achieve 0° - 90° Toe touch weightbearing, patellar slides
- Strength Continue 0-1 week exercises

IV 4 - 6 WEEKS

- ROMs Advance to normal ROMs, no flexion loading beyond 90° flexion
- Strength Quads - mini squats, closed chain exercises
Hamstrings - start hamstring curls, hip extension and flexion,
Calf exercises

V 6 WEEKS

- ROMs Achieve normal ROMs
- Strength Continue 4-6 weeks protocol
- Weight bearing: Begin normal gait training (25% of body weight x2 days, then 50% x2 days, then 75% x2 days, then WBAT) Remove brace after full WB achieved with good quad tone
*****No flexion loads beyond 90° flexion (stresses the repair)*****

VI > 6 WEEKS Home Program

VII 4 MONTHS Resume athletic activities

VIII 6 MONTHS Allow hyperflexion and squatting at this time