



Meniscus Repair Protocol

Sports Knee Rehabilitation

Ensure patient achieves milestone prior to progression. Ensure post op instructions are followed variation will be due to the location of the repair

PHASE 1 – Week 1-2

Week	Exercise	Goals
1-2	<p>ROM</p> <p>0°-90° ROM exs Patellar mobs Ankle pumps Gastroc/soleus stretch Hamstring/ITB stretch Prone hangs/heel props</p> <p>STRENGTH</p> <p>Static Qs SLRs Hip strengthening</p> <p>WEIGHT BEARING</p> <p>TTWB</p>	<p>Control pain and inflammation - ice</p> <p>Adequate quad/VMO contraction</p> <p>Independent HEP</p> <p>TTWB</p> <p>ROM 0° - 90°</p>

PHASE 2 – Weeks 2-6

Week	Exercise	Goals
2-6	<p>ROM</p> <p>ROM exs 0°- 90° Patellar mobs Gastroc/soleus stretch Hamstring/ITB stretch Prone hangs/heel props as needed Heel/wall slides to reach goal</p> <p>STRENGTH</p> <p>Static Qs SLR with ankle weights VMO Knee extension 90° - 30°</p> <p>WEIGHT BEARING</p> <p>TTWB</p>	<p>Control pain and inflammation – ice</p> <p>Adequate quad/VMO contraction</p> <p>Independent HEP</p> <p>TTWB</p> <p>ROM 0°- 90°</p>



Meniscus Repair Protocol

PHASE 3 – Weeks 6-12

Week	Exercise	Goals
6-12	<p>ROM</p> <p>Full ROM exs Gastroc/soleus stretch Hamstring/quad/ITB stretch Prone hangs/heel props as needed Patellar mobs if required</p> <p>STRENGTH</p> <p>Exs bike/cross trainer/rower Wall squats/mini squats Knee extension (90°-30°) Hamstring Curls Leg press Step ups Heel raises/toe raises Lunges</p> <p>BALANCE TRAINING</p> <p>Single leg balance Wobble board/cushion Bosu</p> <p>WEIGHT BEARING</p> <p>FWB</p>	<p>Control pain and inflammation</p> <p>FWB</p> <p>Increase lower extremity strength and endurance</p> <p>Enhance proprioception, balance and co-ordination</p> <p>Complete readiness for sport specific activity</p> <p>Recover full ROM</p>

PHASE 4- Weeks 12-36

Week	Exercise	Goal
12-36	<p>ROM</p> <p>Continue stretches</p> <p>STRENGTH</p> <p>Continue and progress strengthening (allow full squats)</p>	<p>Enhance neuromuscular control</p> <p>Progress skill training</p> <p>Perform controlled sport specific activity and progress to unrestricted sporting activity</p>



Meniscus Repair Protocol

	<p>Swimming</p> <p>RUNNING PROGRAMME</p> <p>Treadmill running Progress to outdoor running</p> <p>CUTTING PROGRAMME</p> <p>Lateral shuffle Figure 8s Cariocas</p> <p>FUNCTIONAL TRAINING</p> <p>Initiate light plyometrics and progress as able Sport specific drills</p>	<p>Achieve maximal strength and endurance</p>
--	---	---

Return to Driving – patient must be fully weight-bearing and have the ability and control to perform an emergency stop

Return to Sport – to safely and most efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility and endurance. Return to intense activities such as impact loading, jogging, deep knee flexion, or pivoting and shifting early post-operatively **may increase the overall chance of a repeat meniscal tear. No deep squats until at least 12 weeks.**

Dependent upon the location and size of the repair, weight bearing status post-operatively as well as the intensity and time frame of functional activities may vary as stipulated in the post op instructions. The protocol is divided into phases. Each phase is adaptable based on the individual patient.