

# Meniscus Repair Protocol

Dr. Bienz

## **DOS:**

### PHASE 1-WEEKS 1-2 MENISCUS REPAIR

- Goal is pain control, reduce inflammation and effusion, adequate quad/VMO contraction, independent in HEP, and NWB
- Week exercise goal ROM 0-60°, passive ROM 0-60°, patellar mobs, ankle pumps, gastroc/soleus stretch, hamstring/ITB stretch, prone hangs to facilitate extension.
- Strengthening includes quad sets with E-stim/biofeedback, SLR in 4 planes, hip flexion-seated, SAQ
- Toe touch weight bearing in I-ROM with crutches
- Modalities include E-stim/biofeedback as needed and ice knee for 15-20 min with 0° extension
- Brace will be removed to perform ROM activities ext to protect repair Brace locked at 0°

### PHASE 2-WEEKS 2-4 **Begin Date:**

- Goals of phase are 0-90° ROM, adequate quad/VMO contraction, control pain, inflammation, and effusion, PWD to FWD with quad control°
- Week exercise goal are ROM 0-90°, passive ROM 0-90°, patellar mobs, gastroc/soleus stretch, hamstring/quad/ITB stretch, prong hang as needed.
- Strengthening includes quad sets with biofeedback, SLR in 4 planes with ankle weight, multi-angle isometrics (0-60°), knee extension (90-30°), heel raises/toe raises
- TDWB with crutches
- Modalities include biofeedback as needed, ice 15-20 minutes, brace discharge week 4, I-ROM with crutches.
- Brace to be set 0-90° degrees

### PHASE 4-WEEKS 4-12 **Begin Date:**

- Goals of phase are 0-135°, full weight bearing, control pain, inflammation, effusion, increase lower extremity strength and endurance, enhance proprioception, balance and coordination, complete readiness for sport specific activity.
- Week exercise goal are ROM 0-135°, (full) passive 0-135°, gastroc/soleus stretch, hamstring/quad/ITB stretch, prone hang to reach goal as needed, patellar mobs
- Strengthening includes initiating bike when 110° flexion is reached, bicycle/EFX, SLR in 4 planes with ankle weight/tubing, mini-squats/wall squats, knee extension (90-30°), hamstring curls (0-90°), leg press-single legged eccentric, Smith press-double legged eccentric, isokinetic training at high speeds/sec (180-360°), multi-hip machine in 4 planes, lateral/forward step-up/down, heel raise/toe raise, lunges-knee not to migrate over toe.
- Balance training includes single leg balance with plyotoss, sports cord agility work, wobble board work, ½ foam roller work.
- Weight bearing PWB to FWB, FWB by week 6.

- Modalities to include ice 15-20 minutes as needed.

PHASE 4-WEEKS 12-36 **Begin Date:**

- Goals of phase are to enhance neuromuscular control, progress skill training, perform selected sports specific activity-unrestricted sporting activity, achieve maximal strength and endurance
- Week exercise includes continuing all stretching activities.
- Strengthening includes continuing all exercises from previous phases.
- Week exercise running program includes water walking, swimming (kicking) backward run.
- Week exercise cutting program includes lateral shuffle, carioca, figure 8's.
- Week exercise functional training includes initiate light plyometric program, box hops (level, double leg), sport specific drills.
- Modalities include 15-20 minutes of ice as needed.
- Advanced weight training and sports specific drills are advised to maintain a higher level of competition. Isokinetic testing a 6 and 12 months may be recommended to guarantee maintenance of strength and endurance.