



Isolated Meniscal Repair Large

PHASE I

0-2 Days

Brace: Brace Knee locked at 0 degrees

Gait: Weight bearing as tolerated on crutches

Exercises: AROM
 Heel Slides
 Quad sets
 Straight Leg raise
 Hamstring sets
 Ankle pumps

2 days – 5 weeks

Brace: Open brace to 10 degrees at post op day 2
 Open brace to 20 degrees at week one
 Open brace to 45 degrees at week three
 Open brace to 60 degrees at week five
 D/C use of brace at week six

Gait: Partial weight bearing increasing to full weight bearing as tolerated by the patient.
 Goal is to be full weight bearing by 14 days post op. Progress to weight bearing with one crutch prior to ambulating without crutches. Can progress to walking without crutches when they can demonstrate walking with a minimal limp.

Exercises: Continue previous exercise program (out of brace)
 Passive knee extension
 Begin weight shifting over surgical leg in parallel bars
 Begin standing terminal knee extension/quad sets in parallel bars
 Hamstring, calf and IT band stretches as needed
 Patellar mobilization
 Begin single leg balance in parallel bars (surgical leg)
 Begin 3 way hip lunges
 Resisted hip flexion, extension, adduction, and abduction

**** Special consideration: No weight bearing activity with knee in greater flexion than that allowed by the brace.**

6 weeks

Brace: Discontinue brace

Exercises: Continue previous exercise program
 Begin closed chain exercises and stationary bike
 Progress to:

Leg press, hip sled
BAPS board/KAT when they are FWB without crutches – begin in sitting
Start step-ups, forward and to the side, beginning with 4-inch step
Partial Lunges

PHASE II

8-9 weeks

Exercise: Continue previous exercise program
May start hamstring PRE if no hamstring or pes anserinus pain
Begin cross training activities such as stair-stepper, Nordic track, or elliptical trainer
May begin proprioceptive activities on mini tramp when patient can perform a single leg stand for longer than 20 seconds

PHASE III

10-11 weeks

Exercise: Continue with previous exercises
Increase proprioceptive activities – slide-board, theraband
Ascend/descend stairs without pain or compensation

12 weeks

Exercise: Begin jogging if good quad tone

13-14 weeks

Exercise: Continue with strengthening
Begin agility drills

16-24 weeks

Exercise: Begin run and cut activities at 16 weeks when cleared by physician
Plyometrics
Begin sport specific conditioning as strength and endurance improve
Perform function test at 20 weeks

Anticipate Return to Sport at 3-4 months