



Jozef Murar, M.D.

TCO Edina – Crosstown
4010 W 65th St, Edina, MN 55435
Tel: 952-456-7000 Fax: 952-832-0477
www.tcomn.com

MENISCUS REPAIR REHABILITATION PROTOCOL

Patient Name: _____ Date: _____

Frequency: _____ per week, for _____ weeks SITE R L

MODALITIES: PRN

Please send progress notes.

Physician's Signature: _____

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Sports Medicine & Orthopedic Surgery

Our protocol for rehabilitation following meniscal repair is divided into four phases; maximum protection, moderate protection, advanced phase and return to activity phase. These time periods are based primarily on the healing time of peripheral tissues, and location of the tear.

The Key Factors in Meniscal Repairs Include:

1. Anatomical site of tear
2. Suture fixation • can lead to failure if too vigorous
3. Location of tear- anterior or posterior
4. Other pathology; i.e. PCL, MCL, ACL

Phase I • Maximum Protection Phase: Weeks 1 – 4

Stage I: Immediate post-surgery day: week 1

- Ice, compression, elevation
- Electrical Muscle Stimulation
- Brace locked at 0
- Weight-Bearing: Weight bearing as tolerated with brace locked in extension x 4 weeks, then progress as tolerated
- Range of Motion 0-90
Motion is limited for the first 7 to 21 days, depending on the development of scar tissue around repair site. Gradual increase in flexion ROM based on assessment of pain (0-90° for 1st 4 weeks)
- Patellar Mobilization
- Scar tissue Mobilization
- Passive Range of Motion

Exercises:

quadiceps isometrics
hamstring isometrics (posterior horn no hamstring exercises for 6 weeks)
hip abd/adduction
Weight bearing as tolerated with brace locked at 0"
Proprioception Training

Stage II: Weeks 2 – 6

Exercises:

- PRE program initiated
- Limited range knee extension (in range less likely to impinge or pull on repair)
- Toe Raises
- Mini-squats
- Cycling
- Surgical Tubing Exercises - diagonal patterns
- Flexibility Exercises

Moderate Protection Phases: Weeks 6 – 10

Goals: Increase strength, power, endurance
Normalize ROM of knee Prepare patient
for advanced exercises

Criteria To Progress To Phase II:

1. Range of Motion 0-90
2. No change in Pain or Effusion
3. Quad Control
"Good MMT"

Exercises:

Strength - PRE program continues
Flexibility Exercises are emphasized
Lateral Step-ups - 30 sec x 5 sets -> 60 sec x 5 sets
Mini-squats
Isokinetic Exercises

Endurance Program:

Swimming
Cycling Nordic
Track Stair
Machines Pool
Running

Coordination Program:

Balance Board High
Speed Bands Pool
Sprinting Backward
Walking

Plyometric Program

Phase III

Advanced Phase: Weeks 11 – 15

Goals:

Increase Power, Endurance
Emphasize Return to Skill Activities
Prepare to Return to Full Unrestricted Activities

Criteria To Progress To Phase III:

1. Full non-painful ROM
2. No pain or tenderness
3. Satisfactory Isokinetic Test
4. Satisfactory clinical exam

Exercises:

Continue all Exercises in Phase II
Increase Tubing Program, Plyometrics. Pool program
Initiate Running Program

Return To Activity:

Criteria For Return To Activity:

1. Full non-painful ROM
2. Satisfactory Clinical Exam
3. Satisfactory Isokinetic Test