

Meniscectomy versus Meniscus Repair Protocols

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Meniscectomy

0-2 weeks:

- Weight bear as tolerated
- Re-apply Ace wrap and dressings at 2 days for compression
- Swelling reduction
- Gait training
- Heel slides

2+ weeks:

- 2-week post-op visit with PA
- MD/PA will decide if physical therapy is needed

Meniscus Repair

Phase I (0-5 weeks):

- 0-2 weeks: non-weight bearing with long leg brace
- 2-6 weeks: 4-point gait with long leg brace
- AROM no greater than 90° (limit flexion to pain free ROM)
- Quadriceps sets/straight leg raise
- Patellar mobilization
- Decrease effusion
- Cardio: UBE

Phase II (6-12 weeks):

- **Caution:** Avoid deep loaded flexion with squatting until 12 weeks
- WBAT: small brace
- Non-impact balance and proprioceptive exercises
- Gait training
- Hip and core strengthening
- Quadriceps strengthening: closed chain exercises less than 60° of flexion
- Patellar mobilization
- Decrease effusion
- Cardio: stationary bike, swimming

PASE III (12+ weeks):

- Continue above exercises
- Impact control exercises – Begin 2 feet to 2 feet, then progress to 1 foot to the other, then 1 foot to the same foot
- Movement control exercises – Begin low velocity/single plane and progress to high velocity/multi plane
- Other sport specific exercises – Anticipated return to sports: 4-6 months depending on progress and sport

If you have any questions or concerns, please contact Dr. Saterbak's office at 651-351-2618 or SaterbakAcareteam@tcomn.com