



Meniscus Repair
Accelerated

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- Key Factors
 - Anatomic site of tear (medial vs. lateral)
 - Orientation of tear (radial vs. horizontal vs. peripheral vs. root)
 - Type of fixation (suture vs. bone tunnel)
 - Tissue quality
 - Associated procedures (ACL reconstruction, others)
- For accelerated protocol, tears will typically be:
 - Small size (i.e. not bucket handle)
 - Peripheral (not radial or root tears)
 - Excellent quality tissue
 - Favorable patient (non-smoker, non-diabetic, young)
- Phase I – Immediate Post Surgical Phase (Week 0-2)
 - Goals
 - Maintain integrity of repair
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sleeping
 - Sleep in brace/knee immobilizer
 - Weight Bearing
 - As tolerated in hinged brace
 - Brace locked in extension for ambulation
 - May unlock brace when not ambulating
 - Use crutches as needed
 - May discontinue crutches when appropriate
 - ROM
 - 0-90 degrees with therapy

- May increase as tolerated beyond 90
 - Muscle Retraining
 - Quadriceps isometrics, SLR
- Phase II – Protection Phase (Week 2-6)
 - Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually increase ROM
 - Progression based on swelling/inflammation
 - Decrease pain and inflammation
 - Week 2-4
 - Continue use of ice as needed
 - Progress ROM to 0-120 degrees in therapy
 - Weight bearing
 - May discontinue crutches when appropriate
 - Week 4-6
 - May use heat prior to exercises
 - Gradually increase ROM as tolerated
 - Muscle retraining
 - Stationary bicycle if pain permits (in or out of brace)
 - Proprioception training
 - Mini-squats
- Phase III – Intermediate Phase (Week 6-12)
 - Goals
 - Full ROM (Week 6-8)
 - Eliminate swelling
 - Functional exercise movements
 - May discontinue brace at week 6 (Dr. Hess discretion)
 - Criteria to progress to Phase III
 - Minimal inflammation/pain
 - ROM at least 0-90 degrees
 - Strong quadriceps contraction
 - Continue quadriceps strengthening
 - Continue above exercises
 - May begin pool program
 - Coordination/Proprioception exercises
 - Balance board
 - High speed bands
 - Plyometrics

- Phase IV –Strengthening Phase (Week 12-16)

- Goals
 - Maintain full ROM
 - Improve limb strength and endurance
 - Gradual return to functional activities
- Criteria to progress to Phase IV
 - Full, non-painful ROM
 - Absence of swelling/inflammation
 - Knee extension strength 80% of contralateral knee
- Continue above exercises
- Progress to functional drills as tolerated
- Begin sport specific drills as appropriate

- Phase V –Return to Activity Phase (Week 16-20)

- Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities
- Criteria to progress to Phave V
 - Appropriate strength level/Clinical exam