Colorado Springs Orthopaedic Group

Well Beyond.

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Postoperative Therapy Protocol
Meniscal Repair

Functional Goals

Weeks 0-2: Control swelling and pain, regain motion, activate quadriceps
Weeks 2-6: Continue improving motion, begin muscle strengthening
Weeks 6-12: Discontinue brace, regain full motion and strength, return to cycling/running at 3 months
Weeks 12-24: Sport specific training, return to pivoting sports (e.g. football, soccer, basketball) at 6 months

Weeks 0-2

Nonweightbearing with hinged knee brace open to motion and crutches. **No flexion past 60º – 90º**
Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards
Gentle early motion when seated, **do not flex greater than 60º – 90º**

- May remove brace during range of motion exercises

Exercise	Reps/Sets	Days per Week	Goal
Seated Heel Slides	3 sets of 15 reps	6	Increase Flexion
Heel Prop	3 sets of 10 minutes	6	Increase Extension
Quadricep Sets	3 sets of 15 reps	6	Reactivate Quadriceps
Ankle Pumps	20 reps per hour	7	Maintain Circulation

Weeks 2-6

Toe touch weightbearing with hinged knee brace open to motion and crutches until week 4.
Begin 50% weight bearing with hinged knee brace open to motion after week 4.
Discontinue crutches when tolerated after week 6.
Focus on recruiting quadriceps muscle
Continue gentle range of motion in seated position, **do not flex greater than 60º – 90º**

- May remove brace during range of motion exercises

Exercise	Reps/Sets	Goal	Additional Information
Seated Heel Slides	3 sets of 15 reps	Improve Flexion	Stop when flexion returns to baseline
Heel Prop	3 sets of 10 minutes	Improve Extension	Stop when extension returns to baseline
Quadricep Sets	3 sets of 15 reps	Reactivate Quadriceps	Stop when extension returns to baseline
Straight Leg Lift	3 sets of 15 reps	Strengthen Quadriceps	Start when full extension is reached
Short Arc Lift	3 sets of 15 reps	Strengthen Quadriceps	Stop at 6 weeks
Standing Toe Raise	3 sets of 15 reps	Balance	Stop at 6 weeks

Weeks 6-12

Discontinue brace
Continue week 2-6 exercises
Add the following exercises

Exercise	Reps/Sets	Goal	Additional Information
Supine Heel Slides	3 sets of 15 reps	Increase Flexion	Hold 5 seconds at max flexion
Standing Hamstring Curls	3 sets of 15 reps	Increase flexion	Slowly increase flexion past 90º
Stationary Bicycle	20-30 minutes daily	Range of Motion	Low resistance, increase slowly over 6 weeks
Hip Abduction	1 set of 15 reps	Strengthen Abductors	Hold 1 second at 45º
Wall Slides	3 sets of 15 reps	Balance and Strengthen	Hold 5 seconds at 45º
Squat to Chair	3 sets of 15 reps	Strengthen Quadriceps	Add dumbbells as tolerated
Seated Leg Press	3 sets of 15 reps	Strengthen Quadriceps	Do not exceed body weight and no flexion past 90º
Step-up/Step-down	3 sets of 15 reps	Strength, Balance, Proprioception	Increase step heigh as patient progresses

Weeks 12-24

Continue all previous exercises but decrease to 2 sets of 15 reps
Begin advanced muscular strengthening, cardiovascular conditioning, sport-specific training

- Strength training: 3 days per week
  - Continue exercises from weeks 6-12 adding light weight as strength improves
  - Progress to single-leg wall slides and single-leg squat to chair as strength allows
- Cardiovascular/sport-specific training: 3 days per week
  - Stationary bicycle, elliptical, or arc trainer 30 minutes per day, increase resistance as tolerated
  - Straight line running: start for 5 minutes and increase to 30 minutes over 4 week period
  - Speed and agility training: begin only when straight line running for 30 minutes is well toelrated without pain or swelling. Work directly with trainers or rehab professional to personalize program for your sport or activity of interest
    - Straight-line sprints: half speed ofr 100 yard for 10 reps
    - Advance to full speed for 100 yard for 10 reps
    - Advance to cones with light pivoting
    - Advance to forward and backward running
    - Advance to figure of eight running
    - Advance of carica running
    - Advance to shuttle run

Weeks 24 and Beyond

Full release for unrestricted pivoting sports when motion and strength have returned without swelling during sport-specific rehabilitation

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.