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ARTHROSCOPIC MENISCAL REPAIR Treatment Guidelines

Introduction

- **Goal:** maximize strength and flexibility of the knee while protecting the repaired meniscus.
- Limit flexion up to 6 weeks.

Phase I (0 to 3 weeks)

Goal: Independent ambulation, edema control, early ROM $\leq 90^\circ$, allow healing.

- Brace
 - Worn for 6 weeks post-operatively.
 - Nonweightbearing 0-90° until 6 weeks
 - Brace can be removed during physical therapy and home ROM exercises.
- Modalities to control swelling
- Electrical stimulation for quadriceps lag (15-20 minutes/treatment)
- Exercises
 - Stretches (HS, gastrocnemius/soleus, ITB, hip flexor)
 - AROM – heel slides, ankle pumps, etc.
 - PROM and AROM 0-90 only for 6 weeks!
 - PROM – heel props (5-15 minutes throughout day)
 - SLR 4-way
 - Isometric knee flexion, extension.

Phase II (4 to 6 weeks)

- Goal
- Achieve 90° flexion and full extension, swelling minimal to none, basic strength
- Brace
 - Remain nonweightbearing
- Exercise
 - Begin limited open chain exercises: short arc quads and hamstring strengthening

Phase III (7 to 12 weeks)

- Goal: Full ROM, gait normalization, advanced strength
- Discontinue brace use.
- Exercise:
 - Open chain exercises from 0 – 90 degrees. Leg extensions and hamstring curls.
 - Begin closed chain exercise, begin squats at 0-30 degrees and progressively increase to maximum of 90 degrees. Total Gym squats and leg presses.
 - Maximize ROM with AROM exercises.
 - Basic aerobic conditioning (stationary bicycling, treadmill, etc.)

Phase IV (12+ weeks)

- Goal: Maximize strength and ROM.
- Proprioceptive exercises:
 - BAPS
 - Retro walking/Lateral walking on treadmill
 - 4 way SLR with tubing
- Follow ups can be monthly.

Return to Sports

- Goal of 85% involved vs. uninvolved.
- Normal gait.
- Patient should continue regular program consisting of:
 - Aerobic activity (3x/week)
 - Patient's choice of walk, jog, bike, swim, etc.
 - Gym based activity (2x/week)
 - Leg Press
 - Knee Extension
 - Hamstring Curls
 - Seated/Standing calf raises
 - Lunges
 - Mini barbell squat
 - Lunges with dumbbells (multidirectional)

