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## **ISOLATED MENISCAL REPAIR (Rehabilitative Guidelines)**

*Revised June 2018*

### **Post-op Days 1 – 14**

**No HS Ex      Dressing – POD 1: Debulk dressing, TED Hose in place**  
                    – POD 2: Change dressing, keep wound covered, continue TED Hose  
                    – POD 7-10: Sutures out, D/C TED Hose when effusion resolved

Brace – locked in extension for ambulation  
Crutches – TTWB in brace  
Patellar mobilization (teach patient)  
Calf pumping  
PEAF (passive extension-active flexion), heel slides – Limit to 0-90 degrees  
AAROM 0-90 degrees  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation in full extension with quad sets and SLR  
Quad sets, Co-contractions quads/hams  
SLR x 4 (parallel bars if poor quad control)  
Double leg heel raises  
Gentle HS stretching  
Ice pack with knee in full extension after exercise

**Goals**  
Full passive extension  
Good quad control  
0-60 degrees AROM

### **Weeks 2 – 4**

**No HS Ex      Brace – locked in extension for ambulation**  
                    Crutches – TTWB in brace (D/C at 6 weeks if gait is WNL)  
                    Continue appropriate previous exercises  
                    Scar massage when incision healed  
                    PROM, A/AROM, AROM 0-90 degrees only  
                    SLR x 4 – add light ankle weights if quad control is maintained  
                    Weight shifts (partial support in parallel bars)  
                    Stretches – HS, AT, Hip Flexors, ITB

**Goals**  
Pain/effusion control  
No extensor lag

### **Weeks 4 – 6**

Brace – Locked in extension for ambulation  
Crutches – PWB in brace  
Continue appropriate previous exercises  
PROM, AAROM, AROM with goal of 90 degrees by 6 weeks  
Mini squats, weight shifts – in parallel bars  
Total Gym to start closed chain activity

- Mini squats (level 3-5) – No flexion > 45 degrees
- Passive flexion to 90 degrees (push up with opposite leg)

Leg press with light resistance, 0-45 degrees  
Hamstring curls 0-45 – closed chain (carpet drag, rolling stool)  
Stationary bike with seat high for ROM – complete cycle as able  
Pool therapy – Walking and jogging (no kicking)

#### **Goals**

ROM 0-90 degrees  
No effusion

### **Weeks 6 – 9**

Brace – open to available range  
Crutches – WBAT, D/C when gait is WNL  
Continue appropriate previous exercises  
PROM, AAROM, AROM – gradually increase motion  
Partial wall squats – No knee flexion past 45 degrees  
Forward, lateral, and retro step downs in parallel bars

- No knee flexion past 45 degrees

Single leg heel raises  
Proprioceptive training – single leg standing in parallel bars

- Double leg BAPS for weight shift,
- Progress to single leg BAPS, ball toss, and body blade

Standing SLR x 4 with Theraband bilaterally  
Hamstring curls 0-60 – closed chain  
Stationary bike for progressive resistance and time  
Treadmill – Backwards and forwards walking  
Elliptical trainer  
Pool therapy – unrestricted

#### **Goals**

Full ROM  
Normal gait



### **Weeks 9 – 12**

D/C brace  
Continue appropriate previous exercises with progressive resistance  
May begin incorporating open chain strengthening as tolerated  
– HS curls to 90 degrees only  
Leg press 0-90 degrees only  
Functional activities – Fitter, slide board  
Treadmill – Forward walking approaching 15 min/mile pace  
Begin Gym program  
**Goal** – Walk 2 miles at 15 minute pace

### **Months 3 – 4**

**No squatting** Continue appropriate previous exercises

**>90 degrees** Full hamstring curls – Open/closed chain  
Treadmill – Begin speed walking to jogging program  
Quad stretches  
Pool therapy – Begin swimming laps

**Goal** – Jog 2 miles at easy pace

### **Months 4 – 6**

Home/gym program  
Full flexion with squatting/leg press  
Treadmill – Begin running progression program  
Agility drills / Plyometrics  
Continue strengthening, stretching, proprioceptive training, and running  
Sit-up progression  
Functional test at 6 months to clear for sports and discharge  
– Must have 90% of opposite leg

#### **Goals**

Return to all activities  
Pass APFT at 6 months post-op

***No contact sports until 6 months post-op***