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MENISCAL REPAIR

General Guidelines

- Immediate range of motion 0-90 degrees for 6 weeks
- Crutches for 6 weeks partial weight bearing in full extension
- Long leg knee brace for 6 weeks
- Return to sports at 4 months

Post-op Days 1 – 14

Goals: Full extension and obtain good quad control

- POD 2: Change dressing, keep wound covered, continue TED Hose
- POD 10-14: Sutures out, D/C TED Hose when effusion resolved
- Crutches – NWB 6 weeks

Therapy:

Crutches – Partial weight bearing (PWB) in brace

(no more than 50% of body weight)

Patellar mobilization (teach patient)

Calf pumping

No active Hamstring exercises

AAROM 0-90 degrees – Heel slides with towel assist

Passive extension with heel on bolster or prone hangs

Electrical stimulation in full extension with quad sets and SLR Quad sets

Co-contractions quads / HS

Straight leg raise (SLR) x 4 on mat (in brace if poor quad control)

Double leg heel raises

Gentle Hamstring stretching

Ice pack with knee in full extension after exercise

Weeks 2 – 4

Goals: ROM 0-90 degrees, no extensor lag

Therapy:

Brace x 9 weeks – Locked in extension x 6 weeks for ambulation

Crutches – PWB in brace

Continue appropriate previous exercises

Scar massage when incision healed

No active Hamstring exercises

PROM, AAROM, AROM 0-90 degrees only

SLR x 4 on mat – Add light ankle weights if quad control is maintained Weight shifts (partial support in parallel bars)

Stretches – Hamstring, Hip Flexors, ITB

Weeks 4 – 6

Goals: ROM 0-90 degrees

Therapy:

Brace x 9 weeks – Locked in extension x 6 weeks for ambulation

Crutches – PWB in brace

Continue appropriate previous exercises

PROM, AAROM, AROM 0-90 degrees only

Mini squats 0-45 degrees in parallel bars

Total Gym (level 3-5) – Mini squats 0-45 degrees

– Passive flexion to 90 degrees (push up with opposite leg) Leg press 0-45 degrees with light resistance (up to 1/4 body weight)

Hamstring curls 0-45 degrees – Carpet drags or rolling stool (closed chain) Stationary bike with seat high for ROM – Complete cycle as able

Weeks 6 – 9

Goal: Full ROM, normal gait

Therapy:

Brace – Open to available range

Crutches – Weight bearing as tolerated (WBAT), D/C when gait normal

Continue appropriate previous exercises

PROM, AAROM, AROM – Gradually increase motion through full range Standing SLR x 4 with light Theraband bilaterally

Wall squats 0-45 degrees

Leg press 0-60 degrees with resistance no more than 1/2 body weight Hamstring curls 0-60 degrees – Carpet drags or rolling stool (closed chain)

Forward, lateral and retro step downs in parallel bars

– No knee flexion past 45 degrees (small step)

Single leg heel raises

Proprioceptive training – Single leg standing in parallel bars

– Double leg BAPS for weight shift

Treadmill – Forwards and backwards walking

Stationary bike – Progressive resistance and time

Elliptical trainer

Weeks 9 - 12

Goal: Walk 2 miles at 15 min/mile pace

Therapy:

D/C Brace

Continue appropriate previous exercises with progressive resistance Wall squats 0-90 degrees

Leg press 0-90 degrees with resistance as tolerated
Hamstring curls 0-90 on weight machine with light resistance
Forward, lateral and retro step downs (medium to large step)
Hip weight machine x 4 bilaterally
Proprioceptive training – Single leg BAPS, ball toss and body blade – Grid exercises
Fitter
Slide board
Treadmill – Walking progression program
Pool therapy

Months 3 - 4

Goals: Run 2 miles at 15 min/mile

Therapy:

Continue appropriate previous exercises
No Squatting or Leg press > 90 degrees
Hamstring curls on weight machine through full range Knee extension weight machine as tolerated
Short arc quads
Functional activities – Figure 8s, gentle loops, large zigzags Stairmaster – Small steps
Treadmill – Running progression program
Pool therapy – Swimming laps

Months 4 - 6

Goals: Return to full activities

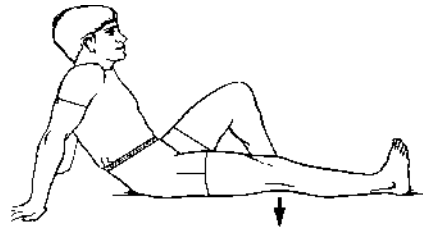
Therapy:

Continue appropriate previous exercises
Squatting and Leg press through full range as tolerated Agility drills / Plyometrics
Sit-up progression
Running progression to track
Quad stretches
Transition to home / gym program

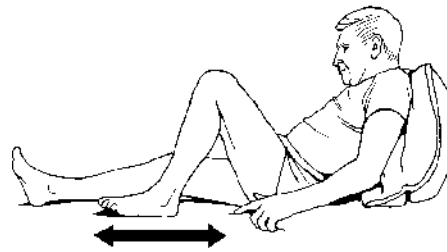
Knee Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day

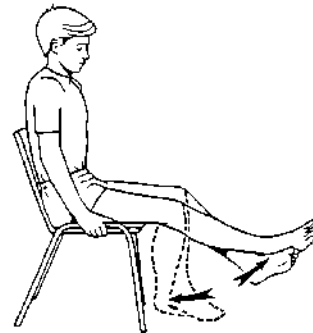
Quad Isometrics



Heel Slides



Active Assisted Motion



**Ice Position 15
minutes 2-3 x per day**

