



PHYSICAL THERAPY SECTION

ISOLATED MENISCAL REPAIR

Revised November 2016

Adapted from William Beaumont Army Medical Center

Post-op Days 1 – 14

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

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

Goals

Full passive extension

Flexion to 60 degrees

Good quad control

Weeks 2 – 4

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

Goals

Pain/effusion control

No extensor lag

Weeks 4 – 6

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 ¼ 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

Goals

ROM 0-90 degrees
No effusion

Weeks 6 – 9

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 ½ 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

Goals

Full ROM
Normal gait

Weeks 9 – 12

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)
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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

Goal – Walk 2 miles at 15 min/mile pace

Months 3 – 4

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

Goal – Run 2 miles at easy pace

Months 4 – 6

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

Goals

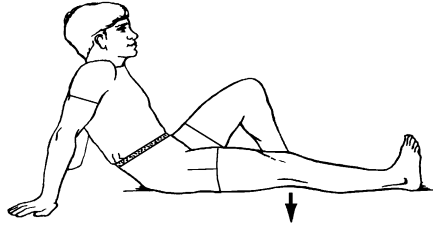
Return to all activities
Pass APFT at 6 months post-op

No contact sports until 6 months post-op

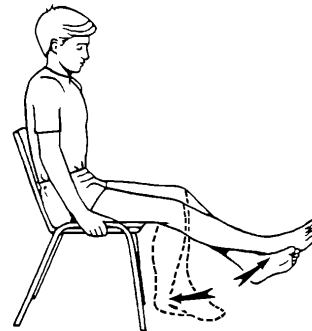
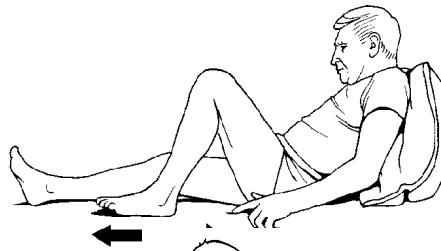
Knee Post Op Phase 1

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

