

ARTHROSCOPIC MENISCAL REPAIR PROTOCOL

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01/01/2021

1. GOALS:

- Manage inflammation (RICE, NSAID, etc.)
- Controlled gains in range of motion
- Early maintenance of strength

2. WEEKS 0-1:

- ROM- 0°-90° non-weight bearing, patellar glides
- Weight bearing status- NWB*
- Strength- Hip extension and flexion, calf raises

3. WEEKS 1-4:

- ROM- Achieve 0°-90°, patellar slides
- Weight bearing status- NWB*
- Strength- Continue 0-1 weeks exercises

4. WEEKS 4-6:

- ROM- Advance to normal ROMs, no flexion loading beyond 90°
Knee flexion
- Weight bearing status- Contact our office for instruction on WBS
- Strength- Quads- mini squats, closed chain exercise
Hamstrings- start hamstring curls, hip extensions and flexion, and calf exercises

5. WEEK 6:

- ROM- achieve normal ROM
- Weight bearing status- Begin normal gait training, 1st week TWB 40°-50°
2nd week 50°-70°
- Strength- Continue 4-6 weeks protocol

NO FLEXION LOADS BEYOND 90° FLEXION FOR 4 MONTHS MINIMUM (STRESSES THE REPAIR)

6. >6 WEEKS- Home program

7. 4 MONTHS- Resume athletic activities

8. 6 MONTHS- Allow hyper flexion and squatting at this time

***** WEIGHT BEARING STATUS MAY BE DETERMINED BY THE SIZE OF THE TEAR- CONTACT OUR OFFICE*****