



Sports Medicine & Shoulder Surgery

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Meniscus Repair Rehabilitation Guidelines

General Rehab Goals

- NL ROM with return to ADL's/ work/ sport
- NL strength and proprioception
- NWB status per MD, see below post op restrictions
- Return to sports 10-12 weeks
- Control pain and swelling

Pre-op Requirements

- Normal Gait
- AROM of 120 Degrees
- Strength \geq 4/5
- Minimal effusion
- Educate in post-op exercise program (QS, SLR x4, Heel and Wall Slides)
- Educated in ambulation with crutches

Day One Post-op

Goals:

1. Control pain and swelling
2. NL extension- day one
3. Elicit quad contraction

Instructions:

1. Wound care/ dressing
2. Showering
3. Cryocuff
4. Medications

Educate in post-op restrictions:

1. WBAT when able (~1.5 wks) in immobilizer locked in full extension x 6 wks
2. Use immobilizer until good quad control (10 unassisted SLR, flexion)
3. Posterior horn repair limit to 90 degrees until MD approval (increase @ wk 5)

Educate in post-op exercises:

1. Quad sets
2. Straight leg raises x 4
3. Heel and wall slides
4. Focus on obtaining full knee extension (utilize heel props but no hyper-extension)



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Phase I (weeks 1-4)

Goals:

1. ROM - 90 degrees (increase per physician orders)
2. Establish and maintain good quad control
3. Establish good hip control (10 unassisted SLR all 4 directions)
4. D/C immobilizer with good quad control

Week 1:

ROM: 90 degrees, patellar mobs, hamstring stretches

Add exercises:

1. SLR - eccentric and weighted until able to do 7lbs.
2. Exercise bike
3. Un-resisted prone ham curl

Weeks 2-4:

ROM: 90/100 degrees (except posterior horn, limit @ 90 until wk 5)

Add exercises:

1. Hamstring Curl
2. Seated calf
3. Multi-hip
4. Knee extensions

Phase II (weeks 4-6)

Goals:

1. Progress from PWB to FWB @ 5 weeks per MD
2. AROM 0- 120/ full
3. Maintain good quad and hip strength
4. Ambulate without a limp

Week 5: (begin transition to PWB per KPS)

ROM: 110-120 degrees (90/110 posterior horn)

Add exercises:

1. Leg press
2. Seated calf raises
3. Standing TKE with T-band (PWB)

Week 6: (achieve FWB)

AROM: 0- 120/ full (110/120 posterior horn)

Add exercises:

1. Standing calf raises
2. Step down forward and lateral (height to tolerance)
3. Retro walking on treadmill
4. Proprioception exercises



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Phase III (weeks 7 - end)

Goals:

1. Begin jogging/ running progression
2. Advance proprioceptive and agility drills
3. Sport specific activities
4. Attain 80% quad/ hamstring strength compared to opposite
5. Gradual return to sports/ activities
6. Maintain full ROM (compared to opposite)
7. Return to pain free ADL's

Weeks 7-10:

AROM: 0- 120/ full degrees- including posterior horn

Add exercises:

1. Fitter (lateral)
2. Quarter squats
3. Slide Board
4. Sports Cord (Resisted progression forward and backward- walking)
5. Proprioception (Trampoline - one leg balance with and without ball toss)
6. Wall squat
7. Static lunge
8. Front-back shifts on fitter
9. Walking lunge
10. Power walking

Weeks 10-12:

AROM: Full-Maintain

Add exercises:

1. Full extension PRE's
2. Jog on flat level surfaces
3. Lateral sports cord (walking)
4. Sports Cord Running - forward and backward
5. Isokinetic workouts
6. Continue running progression
7. Sport specific skills with proprioception