

Brian P. Davis, MD Sports Medicine, Shoulder, Knee, & Elbow Surgeon office: 303.449.2730

MENISCUS REPAIR

(COMPLEX/ RADIAL/ LARGE PERIPHERAL) POST OPERATIVE PROTOCOL

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Weight Bearing
□ NWB x wks
☐ TDWB x wks
□ PWB% x wks
□ WBAT
□ Brace Locked in Ext x wks
ROM
□ Full ROM
☐ Locked full ext xwks
□ Locked at° xwks
□ ROM limits
° to° xwks ° to° xwks
° to° xwks
° to° xwks
CPM □° to° xwks □ 30-70° increase 10°/d @ dir □ None
☐ Recommended Clinical Guidelines
WB: TDWB x 4-6 weeks
ROM: 0-90 by week 6
ROM: 0-90 by week 6
□ Precautions: No open chain hamstring curls until week 8
Estimated Return to Sport:

Phase I - Tissue Protection/Healing Phase (0-6 weeks)

GOALS:

- 1) Reduce pain
- 2) Reduce effusion
- 3) Achieve full knee extension ROM
- 4) Facilitate quadriceps activation

ROM

PROM/AAROM/AROM (0-MD prescribed limit)
Gastroc/Soleus/Hams/Quad stretch

EXERCISE:

Quad isometrics SLR flex/abd/ext Open chain knee extension (90°-45°

MANUAL:

Patella Mobilization Scar mobilization

MODALITIES:

Functional Electrical Stimulation Cryotherapy

Criterion for Progression:

- 1) Voluntary quadriceps isometric contraction
- 2) Full knee extension AROM
- 3) No extensor lag with SLR
- 4) Knee AROM 0°-90°

Phase II - Tissue Proliferation Phase/Progression Phase (7-9 weeks)

GOALS:

- 1) Improve knee AROM
- 2) Strength progression- develop functional quad control
- 3) Normalize gait pattern
- 4) Minimize shear forces on knee

ROM:

PROM/AAROM/AROM (0-MD prescribed limit) Stationary Bike

EXERCISE:

Standing weight shifting Wall/mini squats (0°-45°) Leg Press (60°-10°) Calf Raises Forward/Lateral step ups Single limb stance

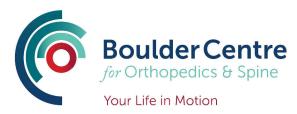
Single limb deadlifts Open/Closed chain hams curls to 90° (week 8) Gait training/ cone walking

MANUAL:

Continue PRN

MODALITIES:

Continue PRN



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Criterion for Progression:

- 1) No effusion
- 2) Knee AROM 0-135
- 3) Full patellar mobility
- 4) Normalized gait pattern

Phase III - Tissue Remodeling/Hypertrophy Phase (10-24 weeks)

GOALS

- 1) Full knee AROM
- 2) Improve eccentric quad control
- 3) Strength progression

ROM:

ROM to full

EXERCISE:

Progressive Resistance Exercise

Leg press to 90°

Single leg squats to 90°

Advanced single Leg balance/proprioception exercises

Lateral motion/stepping

CV Exercise:

Stairmaster/Climber

Swimming (week 12)

Criterion for Progression:

- 1) No pain or edema/effusion
- 2) Full knee AROM
- 3) 20 reps to 60 degrees single leg squat with eccentric control and good lower extremity alignment
- 4) Quad strength >80% of uninvolved LE (10RM single leg press or isokinetically if available)

Phase IV - Sport Specific Training (weeks 8-12)

GOALS:

- 1) Begin sport specific drills
- 2) Begin running progression
- 3) Normalize neuromuscular control
- 4) Normalize jumping/landing mechanics if indicated
- 5) Gradual return to sport

EXERCISE:

Begin jogging progression

Begin agility progression

Begin plyometric progression

Begin sport specific strengthening

Criterion for Return to Sport:

(Recommend combination testing of strength, agility, and power according to available resources/clinic setting)³

- 1) Lower Extremity Functional Test (LEFT)¹³
- 2) Hop Tests Single Hop, X-Hop, Triple Hop, Timed Hop >=85% uninvolved^{1,6,8-11}
- 3) Single leg squat to 60 degrees knee flexion with good control for 3 minutes^{7,8,10}
- 4) Quad strength > 90% of uninvolved (10RM leg press or isokinetic testing)¹²
- 5) IKDC (MCID 6.3@ 6mo; 16.7 @ 12 mo)^{2,4,5}