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Isolated Meniscus Repair Protocol

Phase I: (0-4weeks)

Goals:

Alleviate acute pain and swelling

Prevent 'muscle atrophy

Gentle ATOM

Maintain cardiovascular conditioning

"ALL INSIDE" TECHNIQUES ARE NON-WEIGHTBEARING WITH CRUTCHES FOR FOUR WEEKS. CHECK WITH PHYSICIAN

Plan:

Knee immobilizer at all times for walking

Weight bearing: non weight bearing with crutches for first 4 weeks Exercises: Range of motion out of brace

Isometrics

Hip flexion, abduction, adduction, and extension

Knee flexion exercises (prone, standing on NK table)

Early proprioceptive training

Ankle exercises (theraband)

LE stretching (ham/gastroc)

Bike: 1/2 revolution, non-resisted (keep flexion $\leq 90^\circ$ first 5 weeks) Modalities as needed (EMS for muscle re-ed; IF for edema control)

Phase II: (4-6 weeks)

Goals:

Independent ambulation Increase ROM

Plan:

Ambulation without brace

Continue previous exercises (progress as tolerated)

Closed chain exercises (ok squats to 60°)

Progress with cardiovascular exercises (Stairmaster, bike, elliptical) May begin gentle swimming (no "whip kick" or "egg beater kick") *ROM 0- 90°

Bike: Light resistance (start slowly with $>90^\circ$ flexion)

Isolated Meniscus Repair

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Phase III: (6-10 weeks)

Goals:

Full ROM

Increase quadriceps and hamstring strength Continue general conditioning

Plan:

Full symmetric ROM

Normal gait

Continue with previous strength (progress as tolerated) Squats ok to 90°

Phase IV: (10 weeks)

Goals:

Improve proprioception Improve strength

Plan:

Begin running on track

Progress with proprioceptive training Continue with strength training

Phase V: (12 weeks)

Goals:

Return to sports

Plan:

Progress with higher level activity and sport training



ISOLATE MENISCUS REPAIR PROTOCOL