

## **Meniscal Repair**

### **Physical Therapy Post-op Protocol**

**\*Blood Flow Restriction (BFR) encouraged at all stages**

#### **Weeks 0-2**

**Primary goals: Eliminate swelling; ROM – full extension; Touch Down WB; Regain quad control**

- Touch down weight bearing (TDWB) x2 weeks
- Brace locked in extension for ambulation with crutches with return of active straight leg raise
- Brace locked in extension for sleep (can remove brace to sleep after first post-op visit, 7-10 days)
- ROM limited to 0-90, towel rolls under heel while sedentary
- Patella mobilization
- Straight leg raise, heel slides, quad sets

#### **Weeks 2-4**

**Primary goals: Increase ROM; Increase total leg strength; Normalize gait**

- Gradual full weight bearing but continue to use brace and crutches
- ROM as tolerated (minimum 0-110), focus on terminal extension
- Emphasize patellar mobilization
- Straight leg raise, terminal extension, hip abduction, gluteal and core strengthening, ankle pumps
- Quad sets
- Abdominal isometrics

#### **Weeks 4-6**

**Primary goals: Normal ADLs; Increase functional capacity; Increase strength**

- Gradual full weight bearing, discontinue crutches and brace (if possible)
- ROM – WNL
- Treadmill walking (if gait normal)
- Stairmaster – ipsilateral rotation and straight
- Mini squats – bilateral
- Step ups – Anterior: 4 inches gradual to 8 inches
- Step ups – Anteromedial: 4 inches gradual to 8 inches
- Step downs – Anterior & medial: 4 inches, progress to 8 inches

- Unilateral squats, stance, quad sets
- Progress closed chain activities

## **Weeks 6-12**

**Primary goals: Increase functional leg strength; Normalize balance and proprioception**

- Balance board – unilateral – sagittal & frontal
- Step downs – posterolateral @ 8 inches
- Lunges – anterior and lateral for distance and speed (not depth)
- Increase strengthening especially in frontal and transverse planes
- Hamstring curls
- Proprioception
- Continue closed chain, step ups, mini squats, leg press (0-90 degrees)
- Hip abduction/adduction, calf raises
- Stationary bike

## **Weeks 12-20**

**Primary goals: Increase agility and speed of training; Normalize strength; Advance to sport specific**

- Initiate Plyometrics
- Initiate running program
- Initiate agility drills
- Sport specific training (after 16 weeks)
- Sliding board side-side with rotation
- Lunges – anterolateral, anteromedial
- Bilateral hopping – low intensity/high volume