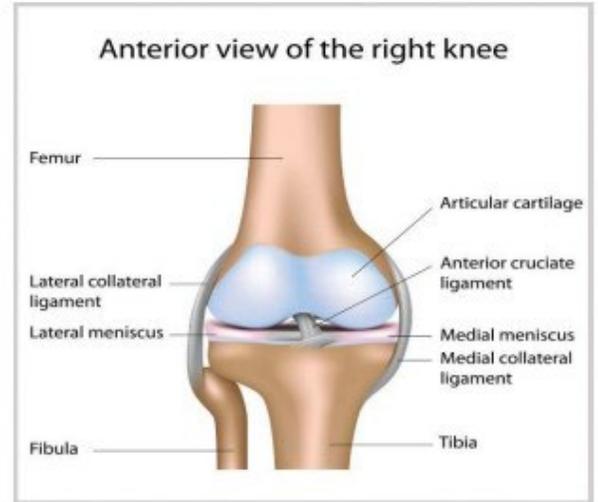


<http://watsonorthoedics.com/home/rehab-protocols/knee/meniscal-repair-rehab/>



<https://orthocenter-ii.com/content/meniscus-tears/>

PHASE 1: Immediate Post-Op (Surgery – 2 weeks)

Goals	<input type="checkbox"/> Control swelling and ice, compression, and elevation <input type="checkbox"/> Full extension range of motion	
Crutches	<input type="checkbox"/> Weight bearing as tolerated with a hinged knee brace locked in full extension and crutches <ul style="list-style-type: none"> • If the patient is having pain, limit weight bearing until pain free 	
Cryotherapy	<input type="checkbox"/> Cold with compression and elevation <input type="checkbox"/> First 24 hours: ice every hour for 25 minutes <input type="checkbox"/> After 24 hours: ice 3 times daily for at least 15 minutes	
Exercises	ROM	<input type="checkbox"/> Sitting heel slides <input type="checkbox"/> Prone flexion to 60 degrees
	MUSCLE ACTIVATION	<input type="checkbox"/> Quadriceps firing <input type="checkbox"/> Ankle Pumps <input type="checkbox"/> Prone leg extension



MENISCAL REPAIR REHABILITATION GUIDELINES

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PHASE 2: Early Motion and Muscle Activation (weeks 2-6)

Goals	<input type="checkbox"/> Control swelling and ice, compression, and elevation <input type="checkbox"/> Full extension and flexion to 90 degrees	
Crutches	<input type="checkbox"/> Weight bearing as tolerated with a hinged knee brace locked in full extension and crutches <ul style="list-style-type: none"> • Avoid weight bearing flexion greater than 40 degrees 	
Exercises	ROM	<input type="checkbox"/> Sitting heel slides <input type="checkbox"/> Prone flexion to 60 degrees
	MUSCLE ACTIVATION	<input type="checkbox"/> Straight leg raises <input type="checkbox"/> Standing toe raises <input type="checkbox"/> Hip abductor activation

PHASE 3: Strengthening and Control (weeks 7-12)

Goals	<input type="checkbox"/> Full weight bearing <input type="checkbox"/> Full range of motion	
Exercises	STRENGTHENING	<input type="checkbox"/> Supine heel slides <input type="checkbox"/> Prone flexion to 60 degrees <input type="checkbox"/> Standing hamstring curl <input type="checkbox"/> Stationary bike <input type="checkbox"/> Hip abduction <input type="checkbox"/> Wall slides <input type="checkbox"/> Squat to chair <input type="checkbox"/> Seated leg press <input type="checkbox"/> Step up/down



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PHASE 4: Early Sports Training (weeks 12-24)

Goals	<input type="checkbox"/> Regain muscle strength <input type="checkbox"/> Cardiovascular conditioning	
Exercises	STRENGTHENING	<input type="checkbox"/> Strength training should alternate every other day with cardio and sport training <input type="checkbox"/> Transition to single leg wall slides and single leg squat to chair
	CARDIOPULMONARY	<input type="checkbox"/> This should be performed 3-4 days per week <input type="checkbox"/> Stationary bicycle or elliptical machine: increase resistance prn <input type="checkbox"/> Light running on a soft, level surface: start running for 5 minutes and increase to 30 minutes over a 4-week period
	SPORT SPECIFIC TRAINING	<input type="checkbox"/> When running in line for 30 minutes is relatively easy and does not cause pain or swelling, consider starting speed and agility training <input type="checkbox"/> In line sprinting starting half speed for 100 yards x 10 reps <input type="checkbox"/> Add cones or zig-zag running <input type="checkbox"/> Add forward and backward running <input type="checkbox"/> Add figure of eight running <input type="checkbox"/> Add carioca <input type="checkbox"/> Add shuttle run

PHASE 5: Return to Sport (weeks 24+)

Goals	<input type="checkbox"/> Return to unrestricted pivoting sports when motion and strength have returned without swelling during advanced rehabilitation
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*Portions adapted from Postoperative Orthopaedic Rehabilitation by Green, Hayda, and Hecht