

## Meniscal Repair

### Phase 1 – Motion and Mobility

#### **Weeks 0-4:**

- Patellar tendon and patellar complex mobilization emphasized for at least the first 6-8 weeks
- TDWB, Brace locked at 0 degrees for ambulation and sleeping (0-2 weeks)
- ROM: 0-90 deg with emphasis on symmetric hyperextension for 4 wks; advance as tolerated
- Brace: 0-90 deg x 4 weeks when good quad control; then advance 10 deg/week
- Quad sets and SLR with brace locked at 0 degrees (with NMES, biofeedback)

#### **Weeks 5-6:**

- Begin WBAT, no weightbearing past 90 degrees
- ROM: 0-125 degrees
- Active knee extension to 40 degrees; leg press 80-0 degree arc
- Mini squats / weight shifts
- Open-chain hip strengthening
- Bike for motion starting at 4 weeks
- Double-leg shuttle leg press for muscle activation no earlier than 4 weeks (0-60 deg)
- Proprioception training

### Phase 2 – Endurance

#### **Weeks 7-12:**

- Full weight bearing including past 90 degrees; DC crutches when gait is non-antalgic
- Ensure full knee extension is maintained prior to and during progression of CKC activities
- Closed-chain progression (+/- including squat, lunge, step-up, bridge) from 0-90 deg
- Progress from double leg to single leg; from stable to unstable surfaces
- Balance progression
- Bike for cardiovascular fitness/quad

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## **Phase 3 – Strength**

### **Weeks 13-20:**

- Increase sets/duration of closed-chain strengthening in varied proprioceptive environments
- Initiate squat jump progression from shuttle to gravity dependent position
- Advance plyometrics from bilateral to unilateral as pt demonstrates knee control
- Emphasize deceleration and eccentric control
- Pass sport cord test
- \* No loaded deep knee flexion for at least 4-6 months

## **Phase 4 – Agility, Power, Return to Sport**

- Sport-specific movement patterns practiced in supervised and controlled environment Graded re-integration into sport activities

## **Return to Activities**

Running	4-5 months
Golf	Short irons at 5 mos, full swing w/long irons at 6 mos. Delay 4-6 wks if lead leg
Pivoting/cutting sport	When functional criteria are met and cleared by surgeon, typically 6 months at the earliest

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