

Meniscal Repair

Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
Meniscal Repair	Nita	March 2017	Rachael Kennon	March 2019

Please note that surgeons may have different post op instructions which must be adhered to

Inpatients

Post-op 0-2 weeks

- PWB
- Control pain and swelling with ice and elevation
- Patella mobs
- Ankle AROM exercises
- 0°-90° AROM exercises
- Quad, hamstring and hip strengthening
- Stretches for gastroc/soleus and hamstring/ITB

Exercises

- Ankle ROM
- Knee flex/ext 0°-90°
- Static quads
- Straight leg raise (in all planes)
- Hip abduction, extension
- Clams
- Gastroc/soleus stretch
- Hamstring/ITB stretch

On-Discharge

- Photocopy op. notes to attach to referral.
- Plan for D/C refer to outpatients and complete D/C summary.
- Refer to OT for ADL's as required.
- Ensure that the Patient has the initial exercise sheet as required.

Outpatients – Operation notes must be attached

2 – 6 weeks

Goals

- Control pain and swelling with ice and elevation
- AROM 0°-90°
- PWB
- Adequate quads and VMO contraction
- Independent HEP
- Increase lower extremity strength
- Enhance proprioception and balance within WB constraints

Therapy Guidelines

- AROM exercises 0°-90°
- Patella mobs
- Ankle AROM exercise
- Gastroc/soleus stretch
- Hamstring/ITB stretch
- Quad, hamstring, gastroc/soleus and hip strengthening
- Increase core strength

Exercises

- Gastroc/soleus stretch
- Hamstring/ITB stretch
- Patellar mobs
- Prone hangs/heel props
- Heel slides for knee flex/ext
- Static quads
- SLR (in all planes)
- IRQ
- Gym ball (alternate heel raises and alternate leg lifts)

6-8 weeks

Goals

- FWB
- Full AROM
- Controlled pain and swelling with ice and elevation
- Increase lower extremity strength and endurance
- Enhance proprioception, balance and coordination

Therapy Guidelines

- AROM exercises to achieve full AROM

- Gastroc/soleus stretch
- Quads, hamstring, ITB stretch
- Mobile patella
- Strengthening of quads, hamstrings and gastroc/soleus
- Improve balance, proprioception and coordination
- Progress gym ball exercises as able

Exercises

- Gastroc/soleus stretch
- Hamstring/ITB stretch
- Wall slides (30° only)
- Hamstring curls
- Balance on bosu
- Gym ball (Supine roll out, prone hamstrings)
- Step ups
- Static bike
- Weight transfer (forwards/backwards, side-side)
- Single leg stand
- Wobbleboard
- Heel raises/heel drops
- Gym ball (bridging, alternate heel raises and alternate leg lifts)

8-12 weeks

Goals

- Control pain and swelling with ice and elevation
- FWB
- Full AROM
- Increase lower extremity strength and endurance
- Enhance balance, proprioception and coordination

Therapy Guidelines

- AROM exercises if required to achieve full AROM
- Lower extremity strengthening exercises

Exercises

- Rower
- Stepper
- Single leg stand on trampete
- Progress gym ball exercises (**no loaded flexion for 12 weeks**)

12+ weeks

Goals

- Enhance neuromuscular control
- Progress skills training
- Perform selected sports specific activity – those that are unrestricted
- Achieve maximal strength and endurance

Therapy Guidelines

- Loaded flexion and impact from 12 weeks
- Continue regular stretching
- Continue and progress strengthening exercises
- Continue and progress balance, proprioceptive and coordination exercises

Exercises

- Quads bench
- Hams bench
- Lunges
- Jogging on trampete, progress to jumping off
- Treadmill

Return to functional activities

- **Return to driving** – 6 weeks, patient should be FWB and able to complete an emergency stop.
- **Return to work** – dependant on weight bearing status, ability to comply and may vary between consultants, 3-6 weeks for office based work, for more physical based work 8-10 weeks, preferably on a phased return.
- **Return to sports** – for high level functional activity, patient should have adequate strength, approximately 12 weeks. For intense activities including high impact and contact sports up to 6 months.