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## Meniscal Repair

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Name of Protocol/Regime	Consultant	Updated On	Updated By	Review Date
Meniscal Repair	Nita	March 2017	Rachael Kennon	March 2020

**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.