



## CONCORD ORTHOPAEDICS

### ISOLATED MENISCAL REPAIR

Rehab Protocol # 17

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#### **WEEKS 0 – 2:**

- Ice, elevation
- Ankle PF/DF exercises
- Patellar mobilizations
- Decrease swelling
- TDWB with crutches in brace
- Brace off for therapy only
- Scar massage at 10-14 days if healed sufficiently
- 0-30 degrees AAROM/AROM out of brace

#### **WEEKS 2 – 4:**

- Isometric quadriceps
- E-stim for quadriceps (if necessary)
- 0-60 degrees AAROM out of brace
- Keep brace locked at 0 for ambulation (TDWB)

#### **WEEKS 4 – 6:**

- PWB (+/- 20%) in brace allowable
- 0-90 degrees AAROM/AROM out of brace
- Continue Isometric quadriceps exercises
- Brace can be off at rest when at home (on for sleep)

#### **WEEKS 6 – 8:**

- Graduated WB out of brace as follows at 6 weeks:
- 25% for 3 days
- 50% for 3 days
- 75% for 3 days (single crutch opposite hand ok if gait allows)
- 100% if gait, strength and balance allow
- off crutches/ out of brace if gait strength allow at 8 weeks
- Can begin closed chain knee exercises for quad/hamstrings

#### **GENERAL CONSIDERATIONS:**

- Accelerate ROM (speak with physician) with any concerns about stiffness early
- Straight line running allowed at 4-6 months
- No squatting/ cutting sports allowed for 9 months
- Avoid any flexion combined with weight bearing in first three months post repair