



# JOINT PRESERVATION INSTITUTE

## **Meniscal Repair Rehabilitation Protocol**

The following protocol is directed toward optimizing the outcome of meniscal repair surgery. Along the way, if you have any questions, please contact our office.

### **First week:**

The goal in the first week is to get the pain and swelling under control. You may receive a cold therapy unit which is a very important part of the first week regimen. Additionally to protect the knee during this period, we keep you in a knee immobilizer.

### **Weeks 2-6:**

Exercises on your own.

Passive range of motion. Work on passive ROM up to 90 degrees with the knee ROM brace on.

Active range of motion. In the first few weeks, the main goals are to perform isometric quadriceps exercises where the leg is kept straight with the knee immobilizer and the quadriceps muscle is contracted in this position. Do 3 sets of 10 of these exercises. Straight leg raises with the brace is also very helpful in this time period. Do 3 sets of 10 of these while lying flat on the bed.

### **After 6 weeks:**

Start working on passive range of motion up to 120 degrees at the side of the bench.

Increase stationary bike up to 20 minutes at a time again at lowest torque initially. May increase to moderate torque after 8 weeks.

May now start resisted knee flexion exercises with a resistance band of leg curl machine at very light settings.

May start proprioceptive exercises with your physical therapist on a balance board after 6 weeks.

**After 12 weeks:**

May start light jogging,

Gradually start sports specific training regimen.

**After 20 weeks:**

May return to sports assuming cleared by MD and by PT.

Goals will be 75% normal strength compared to nonsurgical leg.

Normal knee stability.

Full range of motion.