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ARTHROSCOPIC MENISCAL REPAIR

Phase I:

Goals:

- Manage inflammation (Cryounit, NSAIDs, etc.)
- Controlled gains in range-of-motion
- Early maintenance of strength
- Non-weight bearing in full extension for 2 weeks then FWB in brace locked in extension
- Brace – Extension Lock Brace

Weeks 0 – 2:

- ROM:
 - Limited PROM/AAROM 0° - 90°
 - Non-weight bearing, patellar slides
- Weight bearing:
 - NWB in full extension braced donned
- Strength:
 - controlled quad exercises, SLR, quad contraction (isometric), hip extension and flexion, calf raises
- Brace:
 - locked in extension

Weeks 2- 4:

- ROM:
 - Achieve AROM 0° - 90°, patellar slides
- Weight bearing:
 - WBAT, brace locked in extension
- Strength:
 - Continue 0 – 2 week exercises
- Brace:
 - locked in extension

Phase II:

Goals:

- Advance to full AROM while non-weight bearing
- Flexion limited to 90 while weight bearing
- Normalize gait pattern with restrictions
- Progress strengthening and neuromuscular coordination

Weeks 4 – 6:

- ROM:
 - advance to normal ROMs, no flexion loading beyond 90° flexion
- Strength:
 - Quads – mini squats, closed chain exercises
 - Hamstrings – start hamstring curls, hip extension and flexion, calf exercise
- Weight bearing:
 - Gait training, initially unlock brace if good quad control and then wean from brace over the next 2 weeks

Weeks 6-8:

- ROM:
 - Achieve normal AROM in weight bearing
- Strength:
 - Progressive open and closed kinetic chain exercises with body weight resistance
 - Watch flexion loads beyond 90° flexion (stresses the repair)
- Weight bearing
 - WBAT without brace

Weeks 8-16:

- Home exercise program
 - Proprioception exercises including single and double leg balance activities
 - Progressive neuromuscular coordination exercises
- Resume athletic activities

* At 6 MONTHS: athletes may return to squatting and hyperflexion at this time