**Dr Kevin Murphy Post Op Meniscal Repair PT Protocols :**

**ISOLATED MENISCAL REPAIR**

 PHYSICAL THERAPY PROTOCOL

**Preoperative Guidelines**

· Restore full AROM (unless mechanically locked by meniscus)

· Teach normal heel-toe gait

· Strengthen involved extremity

· Decrease effusion

· Educate Patient on post-op protocol, use of crutches (level and stairs)

**Note: Exercise prescription is dependent upon the tissue healing process and**  ***individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedist.**

**WBAT tolerated. TROM brace locked in extension while WB x 4 weeks. May bend to 90 degrees when sitting. No bending > 90 degrees x 4 weeks.**

**Phase I (Post-op Days 1 14)**

· **Weight bearing as tolerated.**

· **No active HS exercises against gravity or with weights**

· Brace locked in extension for ambulation…Can unlock for exercise only

· Patellar mobilization (teach patient)

· Calf pumping

· AAROM 0-90 degree

· PEAF (passive extension-active flexion), heel slides Limit to 0-90 degrees

· Passive extension with heel on bolster or prone hangs

· Electrical stimulation in full extension with quad sets and SLR

· SLR x 4 (parallel bars if poor quad control)

· Double leg heel raises

· Gentle HS stretching, calf stretching, hip stretching

· Ice pack with knee in full extension after exercise

**Goals:** IndependentSLR x 10 without lag, 0-0-70 degrees AROM, pain and effusion controlled

**Phase II (Weeks 3 4)**

· Brace locked in extension for ambulation

· Crutches **Weight bearing depends on surgical procedure and MD recommendations.**

· Continue appropriate previous exercises and patellar mobilizations

· Scar massage when incision healed

· PROM, A/AROM, AROM 0-90 degrees only **Unless approved by MD to increase ROM**

· SLR x 4 add light ankle weights if quad control is maintained

· Weight shifts (partial support in parallel bars)…**Depends on WB status**

· Begin progressive closed chain exercises starting with light resistance (i.e. supine leg press) and not > 0-45 degrees staying within WB restrictions.

· Stretches HS, AT, Hip Flexors, ITB

· Pool Therapy for gait training (no kicking). Stay within ROM restrictions

**Goals**: Pain/effusion under control, No extensor lag with SLR x 30, AROM 0-0-90

* Pending quad strength, **at 4 weeks post op,** may unlock TROM brace to 90 degrees and progress 10-20 degrees per week, pending progression.

**Phase III (Weeks 5 8)**

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· Continue appropriate previous exercises

· PROM, AAROM, AROM with goal of 120 degrees by 8 weeks

· Hamstring curls 0-45 closed chain (carpet drag, rolling stool)

· Stationary bike with seat high for ROM complete cycle as able

· Well-leg Theraband… **Depends on WB status**

· Mini squats, Total Gym no > 45 degrees knee flexion…**Depends on WB status**

· Mini Wall sits for time no > 45 degrees knee flexion… **Depends on WB status**

· Treadmill walking progression…**Depends on WB status.**

· Pool therapy Walking and jogging (no kicking)

**Goals:** AROM 0-0-120 degrees, no effusion, independent ambulation FWB without deviation

**Phase IV (Weeks 9-12)**

· WBAT, D/C crutches when gait is WNL

· Continue appropriate previous exercises

· PROM, AAROM, AROM gradually increase motion

· Partial wall squats No knee flexion past 45 degrees

· Lateral step downs No knee flexion past 45 degrees

· Single leg heel raises

· Proprioceptive training single leg standing balance, Double leg BAPS for weight shift,

 --Progress to single leg BAPS, Plyoback, and body blade

· Functional activities Fitter, slide board

· Well-leg Theraband

· Hamstring curls 0-90 progress gradually (may begin open-chain)

· Stationary bike for progressive resistance and time

· Treadmill Backwards and forwards walking…Progress in speed and distance

· Elliptical trainer

· Pool therapy unrestricted

**Goals**: Full ROM, Normal gait, Walk 2 miles at 15 min/mile pace without effusion/edema

**Phase V (Months 3 4)**

· **No squatting** **>90 degrees**

· Continue appropriate previous exercises

· Gym program: gradually increase closed chain ROM and resistance

· Agility drills/carioca/lateral shuffle/light plyometrics/double hopping

· Full hamstring curls Open/closed chain

· Treadmill Begin speed walking to jogging program if normal gait

· Quad stretches

· Pool therapy Plyometrics: hopping single leg, bounding, etc

**Goal** Jog 2 miles at easy pace with normal gait and no increase in pain/edema/effusion

**Phase VI (Months 4 6)**

· Home/gym program

· Plyometrics progression

· Begin cutting/ sports specific drills

· Continue strengthening, stretching, proprioceptive training, and running

**Goals**: Functional tests at least 90% of opposite leg to clear for sports and discharge (single leg hop and 12 meter hop for time)