

Dartmouth Hitchcock Medical Center ORTHOPAEDICS

Physical Therapy Protocol

Isolated Meniscus Repair

Patient Checklist

ROM Restrictions:

• No Limits; do not force through pain

Weight Bearing Status:

- 0-2 Weeks:
 - TTWB w/ brace locked in extension
- 2-6 Weeks:
 - WBAT w/brace locked in extension OR
 - TDWB using crutches w/brace unlocked
- 6+ weeks
 - Wean from brace and crutches

Questions?

Orthopaedics: (603) 650-5133

Rehabilitation Medicine: (603) 650-3600

No squatting below 90 degrees for 4 months

Phase I: 0-6 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Knee extension stretching		•		•	•	•			•					
Progressive Flexion ROM		•		•	•	•			•					
Patellar/soft tissue mobs		•	•	•	•	•			•			•	•	
Isometric quads/hamstring		•		•					•					
SLR 4 ways		•		•	•				•					
Ankle pumps		•		•					•					
Stretch major muscle groups														
Resisted knee extension 90-45 degrees														
Hamstring curls		•		•					•					
Bike w/both legs (gentle resistance)														
Core conditioning program														
Progressive hip strengthening														

Phase II: 6-12 Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bilateral weight shifts														
Gait re-training														
Proprioceptive training														
Heel raises														
Leg press/squats 0-70 degrees														
Step ups														
Lunges 0-70 degrees														
Single leg squats														
Single leg deadlift														
Elliptical														

Phase III: 12+ Weeks	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running Progression												•	•	
Hopping/jump rope												•	•	
Return to sports test exercises												•		
Advance plyometrics (hop test/sprinting)													•	
Multi-plane agility/running patterns (beginning @ 50% speed)														
Sport specific drills														
Return to sport														



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Phase I: 0-2 Weeks Goals: Minimize swelling Minimize quadriceps inhibition Protect meniscal repair Full extension ROM Exercises: Quad strengthening Knee PROM/ AROM Hip strengthening Weight bearing: TTWB with crutches and brace locked in full extension

Phase I: 2-6 Weeks Goals: ■ Weight bearing Progression: ✓ WBAT with brace locked in extension*** OR ✓ TDWB with brace unlocked*** Fixercises: ■ Add bike for ROM, no resistance ■ Begin strengthening with progressive light resistive exercises ■ Progression of WB as guided by your surgical team

Phase II: 6-12 Weeks								
Exercises: Initiate CKC program (no squatting >90 degrees of knee flexion) Initiate OKC weight machines a. Knee extension 90-30 degrees b. Hamstring curls c. Leg press bilateral and progress to unilateral as tolerated Initiate proprioceptive training/ balance								

Filase III: 12+ Weeks								
Goals:	Exercises:							
Prepare to take return	Advance WB strength							
to sport test at 6-8 month	Running Progression							
orthopaedic visit	Continue with guided gym program							
	May begin swimming at week 12							
	■ Begin plyometrics at week 16							

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Phase III: 12+ Weeks